

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Farm Animals

Game Description:

Fun and silly game filled with animal sounds.

Objective:

Find your matching animals by making the animal sounds.

Game Rules:

Have the participants spread out around the gym/field and sit down with their eyes close. Call out an animal (i.e. cow) and instruct the participants that if they are tapped on the head they will be a cow. Repeat this step with multiple farm animals (pigs, ducks, horses etc.) When the instructor yells GO, all the participants/ animals stand up and make the animal sound they were assigned. Keeping their eyes closed they try to find the same animals as themselves. For example, all participants that are cows would walk around mooing until they found each other.

Adaptations (optional):

Have the children move in different ways each round.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Gallop
Jump
Skip