

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Cat and Mouse Chase

Game Description:

A fun game that gets the kids to practice catching and throwing!

Objective:

Use two balls, one larger than the other. (ex: a small sponge ball as the mouse and dodge ball as the cat work great) Start of with the children seated in a circle. Tell a short story about how the Cat always chases the Mouse and the Mouse is little but quick. The balls are handed from one child to the next as quickly as possible. Start the smaller ball, the Mouse, first and the larger one, the Cat, a few seconds later.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Catch
Throw
Track