

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Papa Bear, Mama Bear, Baby Bear,

Game Description:

A fun game that gets the children running and crawling!

Objective:

Arrange students in groups of 3, organized in lines around a circle and name each person—Papa Bear, Mama Bear and Baby Bear. Place the bean bags in the center of the circle. The caller shouts out one of the three names (Papa, Mama or Baby). When a name is called, that player jumps up and runs counter clockwise around the circle until returning to his/her group. The player must then crawl under the front support tunnel that the group is creating with their legs to grab a bean bag. Have the students return to their team and call out another name.

Adaptations (optional):

Instead of them standing you can have them in a plank position.

AGE:

7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Run