

Fit Kids Healthy Kids – My Clipboard

Lesson 1

What Time Is It Mr Wolf

Game Description:

An all time favourite!

Objective:

Try to make it to the other side of the playing area without getting eaten by Mr. Wolf

Game Rules:

Children line up at one side of the playing area. You will start as Mr. Wolf, you will start at the other side facing the wall. The children call out "What time is it Mr Wolf?". You will respond with a number, that number tells the children how many steps they are allowed to take. For example, if you say 4, the children can take 4 steps. The game continues this way until you respond by saying "LUNCH TIME". As soon as you say lunch time, you will turn around and chase the children back to the start. If you tag a child you can have them become the next Mr. Wolf.

Adaptations (optional):

For younger children, when they are tagged have them join you as Mr. Wolf. Continue playing until you have multiple Mr. Wolf's.

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Multi-skill game

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:

Agility
Coordination
Dodge
Run