

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Christmas Tree Tag

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#### **Game Description:**

A fun holiday game!

#### **Objective:**

Don't get turned into a Christmas tree!

#### **Game Rules:**

Assign a few children to be 'its'. If an it tags another student they turn into a Christmas tree (standing up with arms just off their sides). The only way to get back into the game is if two other children come and chop the tree down. Then they would continue playing. Switch taggers often.

#### **AGE:**

4 to 6 years  
7 to 9 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)  
Large group (16+ kids)

#### **TYPES OF SKILLS PRACTICED:**

Agility  
Balance  
Coordination  
Dodge  
Run