

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### The Awesome Game

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#### Game Description:

A simple tag game to get kids moving and working as a team.

#### Objective:

All the children on the same team must reach the other teams end line before the other team does with out being tag. first team to the other side wins.

#### Game Rules:

Begin by identifying a middle line across the playing area. Once children cross this line they are no longer safe from taggers. Split the group into 2 teams. Both teams begin the game at the baseline of the playing area and wait for the leader to say Go. Once the game begins children must race to the other teams end line with out being tagged, if tagged they must sit where they got tagged. The only way to be saved is if one of your team mates makes it to the other end safely and then can save you from there. Once they save you both walk back to there side of the court with an arm raised in the air and try again. Remember that a child can ONLY be saved by someone who has already successfully made it across to the other side. Rules to Remember: 1. If you are tagged you must sit down and wait to be saved. 2. You can only save their team mates once they have made it to the other end line first 3. If you are trying to save someone and you get tagged you have to sit down as well. 4. No puppy guarding people that need to be saved. 5. Once a player has saved there team mate they get a free walk back to their side (arm in the air allows everyone to know they are safe) 6. You may only save one player at a time

#### 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  
2 Leaders  
3 - 4 Leaders  
Event staff

#### HOW BIG OF A GROUP IS NEEDED:

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

#### TYPES OF SKILLS PRACTICED:

Agility  
Coordination  
Dodge  
Run