

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Snowball Fight

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### Game Description:

Get outside on a snowy day to enjoy this fun game!

### Objective:

Try not to get hit by a snowball.

### Game Rules:

Try not to get hit by a snowball! If a child is hit, have them complete an exercise before rejoining the game.

#### AGE:

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

#### TYPE OF ACTIVITY:

Multi-skill game

#### SPACE NEEDED:

Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders  
3 - 4 Leaders  
Event staff

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

Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Dodge  
Throw