

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Hatch the Egg

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### Game Description:

A fun twist on Ultimate that kids will love

### Objective:

To "hatch the egg" in the endzone

### Game Rules:

This game is similar to Ultimate Frisbee. You will begin by splitting children into two teams. The game starts with a jump ball. Teams must try to advance the ball by throwing to their teammates. You may not walk with the ball - only pivot. When the team advances the ball into their endzone, the player with the ball must sit down on the ball and "hatch the egg". Every time a team hatches the egg in the endzone, they receive one point. First to five wins!

### Adaptations (optional):

Allow for one or two steps with the ball.

### AGE:

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

### TYPE OF ACTIVITY:

Multi-skill game  
Warm up/Cool down

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)

### 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  
Catch  
Run  
Throw  
Track