

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Poisonous Snakes

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#### Game Description:

Don't let the snakes bite you in this fun parachute game

#### Objective:

To avoid being touched by a snake

#### Game Rules:

Tell the kids the parachute is the swamp. Place multiple ropes (or "snakes") on the parachute. Get kids to make waves on the parachute but avoid being touched by one of the snakes. If they are touched by one of the snakes they have to run all the way around the parachute and back to their spot.

#### AGE:

2 to 3 years  
4 to 6 years  
7 to 9 years  
10 to 12 years

#### TYPE OF ACTIVITY:

Skill instruction

#### 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)

#### TYPES OF SKILLS PRACTICED:

Agility  
Coordination