

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Group Juggling

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### Game Description:

A fun activity that works on team work and hand eye coordination.

### Objective:

Work as a team to juggle multiple dodge balls.

### Game Rules:

For this game, you must have an odd number of people. Have them stand in a circle, start with one ball and pass it around the circle throwing the ball to the second person on your right. Once the participants get comfortable add more balls to the group and see how many balls you can get going around the circle.

### Adaptations (optional):

Have the participants sit in a circle and perform the activity.

### 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  
Multi-skill game  
Warm up/Cool down

### 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:

Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Catch  
Coordination  
Throw  
Track