

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Group Juggling

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