

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### British Bull Dog with Tails

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#### Game Description:

A fun tag game that involves dodging and agility.

#### Objective:

Move across the playing field without getting caught by the bull dogs.

#### Game Rules:

Have the group line up on one side of the gym and give them each one flag to tuck into their waste band or pocket that will act as a tail. Choose one participant to start in the middle of the playing area, they will be the bull dog and do not need a tail. When the bull dog in the middle yells BRITISH BULL DOG the participants will run from one side of the playing area to the other side while trying to avoid getting their tail pulled by the bull dog in the middle. The participants running across the field are not allowed to use their hands to protect their tail. If their tail is pulled by the bull dog they will join the bull dog in the middle for the next round. Continue until all the participants become a bull dog.

#### 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

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
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:

Agility  
Coordination  
Dodge  
Run  
Track