

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Snowflake, Snowflake

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#### Game Description:

a fun song to practice locomotor skills

#### Objective:

to practice lots of different skills

#### Game Rules:

The leader begins by singing or chanting "Snowflake, snowflake, falling down, snowflake snowflake \_\_\_\_\_ (locomotor movement) around." The children move around with that skill. Locomotor movements could include hopping, jumping, galloping, skipping, rolling, spinning, crawling, etc.

#### AGE:

2 to 3 years  
4 to 6 years

#### TYPE OF ACTIVITY:

Multi-skill game  
Warm up/Cool down

#### SPACE NEEDED:

Medium Space (Classroom, Empty Room)  
Small Space (Hall, Furnished Room)

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

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

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination