

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Lazer Beam Walk

---

#### **Game Description:**

A great cool down game that teaches kids how to move their body in a controlled manner.

#### **Objective:**

Carefully move through the lazer beams and try to reach the other side without touching any lazars.

#### **Game Rules:**

Have leaders hold stretchy bands to create a lazer walk for the participants. Hold the lazars in different shapes and levels to create a super fun obstacle course. Participants can try to crawl, jump and walk through the lazars to get to the other side.

#### **AGE:**

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

#### **TYPE OF ACTIVITY:**

Warm up/Cool down

#### **SPACE NEEDED:**

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)

#### **HOW MANY LEADERS ARE NEEDED:**

3 - 4 Leaders

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

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

#### **TYPES OF SKILLS PRACTICED:**

Balance  
Coordination