

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Reach the Leader

Game Description:

A fun relay

Objective:

Get the ball to the leader in the least number of throws.

Game Rules:

1 adult for every 2 children. 4 cones are set up 10' apart with 1 ball on each cone. Starting at the closest cone, partners will relay each ball to the leader in the least number of throws as possible.

Adaptations (optional):

No leaders (have players place ball in bucket). Sport specific equipment.

AGE:

4 to 6 years
7 to 9 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)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

3 - 4 Leaders

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
Throw