

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Ball Red Rover

---

#### Game Description:

A blocking game that requires quick reactions and hand eye coordination.

#### Objective:

Get ball past the other team to get a point!

#### Game Rules:

Split children into 2 groups facing each other, approximately 10-20' apart. Place cones to the right and left of each team, enclosing them in an area they must protect. A player on one line throws the ball along the ground to try to get it past the players on the other line. If the ball gets past the line, the throwing team gets a point. First to 10 points wins. Ensure children take turns throwing the ball.

#### Adaptations (optional):

If a player lets the ball through their legs, they must join the other team. Goal is for 1 team to gain all of the players.

#### AGE:

10 to 12 years

13 to 15 years

16 to 17 years

#### TYPE OF ACTIVITY:

Multi-skill game

#### SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)

Medium Space (Classroom, Empty Room)

#### HOW MANY LEADERS ARE NEEDED:

Only 1

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

Medium group (6 - 15 kids)

#### TYPES OF SKILLS PRACTICED:

Catch

Throw