

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Catch This

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### Game Description:

A catching and throwing game that challenges players to throw and catch consecutive passes.

### Objective:

Catch consecutive passes, because 1 dropped ball means returning to the starting position.

### Game Rules:

Split into partners and place partners close (3' apart). The player with the ball tosses to her partner. Partner takes a step back and passes ball back. This child passes the ball back and if caught, the partner who caught the ball takes a step back. Process continues until someone drops the ball. When the ball is dropped, the two children return to the starting position and see if they can improve on their previous best.

### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years

### TYPE OF ACTIVITY:

Multi-skill game

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Field / Park

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

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

### TYPES OF SKILLS PRACTICED:

Catch  
Throw