

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Poison

Game Description:

Creative way to engage children with bubbles outdoors!

Objective:

Children must try to pop the bubbles before they touch the ground!

Game Rules:

Children start by placing their hands against the wall. The leader blows some bubbles and says "POISON BUBBLES" and children must run and try to strike all the bubbles before they touch the ground. Tell them they do not want the bubbles to touch the ground or it will poison the bubbles.

AGE:

2 to 3 years

TYPE OF ACTIVITY:

Multi-skill game
Warm up/Cool down

SPACE NEEDED:

Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Strike