

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Take it Back

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### Game Description:

A relay style race in which groups of children compete to get the most beanbags.

### Objective:

Finish with the most beanbags.

### Game Rules:

Create a 60' x 60' square with 4 cones and divide children so there are groups at each cone. Place 30-40 beanbags in the center of the square. On "GO," one child at a time from each corner runs out and picks up 1 of the beanbags and returns. After tagging the returning player's hand, the next player leaves. Play continues until all beanbags are gone. The team with the most beanbags wins.

### AGE:

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

### TYPE OF ACTIVITY:

Warm up/Cool down

### SPACE NEEDED:

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

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Run