

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Dumping Ground

Game Description:

A bean-bag stealing warm-up that will get kids running!

Objective:

To have the least number of beanbags in your team's corner when the time is up.

Game Rules:

Create a 40' x 40' square with 4 cones and divide children so there are groups at each cone. Stipulate a time (3-5 minutes) for the game. Each group will have the same number of beanbags on the ground (3-5 works well!). On "GO," each child runs with a beanbag and puts it in another team's corner. They can also pick up a beanbag while there and put it in another team's corner. Children can remove beanbags from their corner and place them in another team's corner. Each child can only move 1 beanbag at a time.

Adaptations (optional):

Each group can designate a 'defender' (wears a pinny), who is able defend their corner by tagging oncoming children. Once tagged, the child must give their beanbag to the defender who must bring it to a different group's corner.

AGE:

7 to 9 years
10 to 12 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