

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Rotten Eggs

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### Game Description:

A scatter-style game where speed is an asset.

### Objective:

Run furthest away from the ball to get 1 point.

### Game Rules:

Divide children into 2 groups. Have 1 child from each group standing in the middle with a ball while the other group members form a circle around that child. The child in the middle throws the ball high in the air and calls out the name of a child. The child who is called runs into the circle to catch or retrieve the ball while the rest of the children scatter. When the child gets the ball and calls “STOP” all the players must stand still. The player who is the farthest away gets a point. Make sure each child has equal turns in the middle.

### 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)

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

### TYPES OF SKILLS PRACTICED:

Catch  
Run  
Throw