

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Behind Enemy Lines

Game Description:

A unique warm up game in which strategy, cooperation, and speed are assets.

Objective:

Place as many objects in the other team's area.

Game Rules:

Mark out 2 lines 50' – 60' apart. Stipulate a time (3-5 minutes) for the game. 2 teams line up behind their own line. Place balls and other objects in "No Man's Land" in center area. On "GO," objective is to place as many objects as possible over the OTHER TEAM'S line. Only one object at a time can be taken. Objects must be placed, not thrown, across the line. If all the objects are gone from No Man's Land, they may be taken from own end and placed in opposite end. When time is called, the team with the LEAST number of objects in their end wins.

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