

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Defend

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### Game Description:

A fast-paced warm up game that will elicit competitiveness!

### Objective:

Defenders: defend the beanbags by tagging children who try to steal the beanbags. Others: steal beanbags and bring them to the safe zone.

### Game Rules:

Mark out a 'safe' area at both ends of the playing area and an area to be defended in between them. Place balls in the area to be defended. Select 3-5 children to defend the area (defenders). The rest of the children are scattered in the playing area. 'Defenders' try to keep the others from grabbing a beanbag and getting it back to a 'safe' area without being tagged. If caught, they become a defender and must bring the beanbag back to the safe area. Game ends when all beanbags are in safe area OR all children are defenders.

### 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:

Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Run