

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Beat the Ball

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#### Game Description:

A cooperative game that challenges kids to throw accurately and quickly, and to run fast!

#### Objective:

Runner: Beat the ball around the circle. Team:  
Throw the ball around the circle before the runner runs around.

#### Game Rules:

All but 1 child form a circle large enough for them to be able to throw the ball around to each other. The additional child is a runner starting beside the player with the ball. On "GO" the ball is thrown around the circle, while the runner races around the outside trying to beat the ball back to the start. The runner wins if they can beat the ball around the circle. Change runner often. This game works best with circle sizes of 5-8 children.

#### Adaptations (optional):

Give runners a head start as required.

#### AGE:

10 to 12 years  
13 to 15 years  
16 to 17 years

#### TYPE OF ACTIVITY:

Multi-skill game

#### 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:

Catch  
Run  
Throw