

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Toy Story 4 - Save the Trash!

Game Description:

A Toy Story 4 themed tag game!

Objective:

Turn all the toys into "trash" before Woody saves them!

Game Rules:

Select one or two children to be "forky" these children will be holding the plastic spoon, fork or spork and they are the taggers. Then select one child to be Woody. Create a circle with cones and then create an even bigger circle around it about a foot away (bullseye fashion). The area inside the cones is the "trash". When you yell "go" all of the kids will start running around trying to avoid the tagger holding "Forky". If they get tagged then they must walk like "forky" and go to the trash. Woody will have either a dodgeball ball or a ball on a stick and will try and save the children in the trash by either throwing the ball to them from the larger outside circle or swinging the ball on the string to them and pulling them out. Once they are pulled out of the trash then they are back in the game! Continue the game for a few minutes and then switch characters so everyone gets a chance to be the tagger - "forky" or woody!

Adaptations (optional):

Version one: Woody cannot be tagged - this version is continuous and better for younger groups
Version two: Woody CAN be tagged - in this version the kids would have to use strategy to protect Woody so that they will have someone to save them from the trash. If Woody is tagged then he also has to go into the trash. The only way Woody can get back in the game is if he catches 3 dodgeballs from his friends outside of the Trash. In this time the tagger has the advantage to tag as many people as possible.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Catch
Run