

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Mr Eel

Game Description:

A fun jumping game with Mr. Eel

Objective:

Get the kids moving & jumping

Game Rules:

Tell the children that your friend Mr. Eel has come to play today! Use the tunnel or large piece of fabric as the eel and stretch it out across the playing area. Tell all of the kids that they must jump over Mr. Eel without touching him or they might get stung! Wiggle around the tunnel so it looks like Mr. Eel is swimming. Then tell all of the kids that Mr. Eel is now safe to touch and hold up the fabric so it is about head height. All of the kids can run under Mr. Eel letting him gently touch their heads. Finally, tell the kids that Mr. Eel is swimming really high but wants a high five. The kids will jump to touch Mr. Eel who is being held up above the kids heads.

Adaptations (optional):

Include hoops as a pathway so that the kids know where to jump/run

AGE:

2 to 3 years
4 to 6 years

TYPE OF ACTIVITY:

Multi-skill game
Skill instruction

SPACE NEEDED:

Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Jump
Run