

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Lighthouse

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### Game Description:

Navigate the rocky waters to get to the lighthouse

### Objective:

Try to get to the light house first

### Game Rules:

One player is designated to be the lighthouse. One quarter of the players assumes the role of “rocks” and they scatter in a bounded area. All the other students become ships and boats of various sizes. The ships blindly navigate their way (eyes closed) their way about, attempting to reach the safety of the lighthouse. If a boat bumps into a rock, the boat becomes an extension of the existing rock and makes the noise “swish” (water lapping against the rocks). The lighthouse constantly goes “Beep! Beep! Beep!” to help the ships reach the safety of the lighthouse.

### Adaptations (optional):

Children finding it difficult to navigate the playing field with their eyes closed can be given a "guide boat" who keeps their eyes open and instructs the other boat where to go

### 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  
Warm up/Cool down

### SPACE NEEDED:

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

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Balance  
Coordination