

Fit Kids Healthy Kids – My Clipboard

Lesson 1

True or False Run

Game Description:

Funny game to play as a team building activity!

Objective:

Run to either True or False based off the statement called.

Game Rules:

Children start in the middle of the playing area. The leader appoints one wall as "TRUE" and one wall as "FALSE". The leader reads out a statement like "2 + 2 is 4" and children race to either true or false.

Adaptations (optional):

Get children to hop, skip or gallop to the wall

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

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Run