

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Speed Stack Relay

Game Description:

Race your way to victory by stacking cups!

Objective:

Be the first team to stack all the speed stacks.

Game Rules:

Divide children into teams of 4. Set them up for a relay race using a cone or poly dot as a marker. Directly across from them at the other side of the playing area place 6, 10, or 16 cups. One at a time, children race to the other side to begin the stacking. They can only move one cup then must race back to the beginning. The objective is to be the first team to stack all the speed stacks in a tower.

Adaptations (optional):

If you have a child in a wheel chair, use poly dots as the marker and have the speed stacks on a table.

AGE:

7 to 9 years
10 to 12 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)
Small Space (Hall,
Furnished Room)

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders

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:

Agility
Balance
Coordination
Run