

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Steal the Honey

Game Description:

Explain to the kids that the yellow balls are the bees, and the container is the bee hive.

Objective:

The objective is for the kids to try to sneak up and steal the honey (the yellow bees.)

Game Rules:

The instructor will be standing far away from the kids. When their back is facing the kids, they are allowed to move and try to steal the honey, which will be in a container by the instructor's feet. When the instructor turns around, the kids have to freeze, and if they are caught moving, they will be sent back to the start line. Explain that they can choose to run really fast, but they will have a harder time stopping when the instructor turns around. Once the kids get to the bee hive, they are allowed to take one single ball back to their spot, and leave it there next round.

AGE:

4 to 6 years

TYPE OF ACTIVITY:

Skill instruction

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:

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:

Balance
Coordination
Run