

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Pizza Stretch

Game Description:

A fun way to get kids stretching!

Objective:

Use the steps to make a pizza to stretch with kids.

Game Rules:

Have the children sit with their legs out in front of them in a V shape, to create the shape of a slice of pizza. Instruct children to 'roll the dough' by moving their hands up and down the slice of pizza. Continue to make the pizza by saying actions such as 'spread the sauce,' 'add the cheese,' and 'place the pepperoni.' Have the children choose different toppings to add on their pizza. Once the pizza is all ready to be cooked have the children bring their legs together and shake them out to cook the pizza.

AGE:

2 to 3 years
4 to 6 years

TYPE OF ACTIVITY:

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:

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

TYPES OF SKILLS PRACTICED:

Rhythm