



FITKIDS
HEALTHYKIDS

Begin by having players move around the room. Next, call out a number. Players must get into a group of that size and sit down. Last set of players standing or without a group must perform an exercise (5 jumping jacks, etc.).

Atoms



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Begin by having all players stand in a circle with their legs spread apart, with their feet touching the players beside them. Roll 1-4 balls into the middle, depending on the size of your group. Children try to score by striking the ball with their hands through another player's legs. The ball must not come off the ground or be stopped.

Hand Hockey





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Start by wiggling the right arm 5 times, then left arm 5 times, right leg 5 times, and finally the left leg 5 times. After 5 is done, go to 4 wiggles, then 3, 2, and 1.

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Have children move around the room like an animal. When you yell “Zookeeper’s coming” they must freeze. Change the animal each time.

Zookeeper





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Choose one “beat master” who will leave the room for a moment. Once beat master has left choose a leader to lead the beat. All other students must follow that beat. The leader tries to change the beat without getting caught. The beat master has 3 guesses to figure out who the leader is.

Beat Master



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All children begin sitting in a chair except for one. The leader calls out a trait or fact. All children who relate to this trait/fact stand up and race to find a new seat. The child without a seat says the next trait. Ex. “Blonde hair”, “Has an older brother”, etc.

Trading Places





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**Using Painter's Tape,
Yarn or any other
material you may have in
your classroom, make a
hopscotch grid for
students to hop through.
Try in backwards,
sideways, fast, slow, etc.**

Hopscotch



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**Using fly swatters, rolled
up newspaper or
whatever you have in the
classroom, get students
to "squash" the laser
pointer bug that you
point around the room. A
flashlight may be used as
well.**

Laser Fly Swat





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Students should get into pairs and face each other, holding each other at the elbows. The object of the game is to tap the top of your partner's foot with your foot. First to 5 wins!

Toe Fencing



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Everyone's in this game! Try tagging each other's toes without getting your own foot tagged. Once tagged a player must sit down. Only way to get back in the game is to get a high five from a player still standing.

Toe Tag





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See how many balloons your group can keep off the ground at once!

Fun Twist: only use a specific body part to keep it up (ex. Feet, head, elbows..)

Balloon Keep Up



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Have all students stand in a circle and hold hands with two different people across the circle from them. The object is to get the knot untangled without letting go!

Human Knot





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**In this fun spin on yoga
have students pose like
their favourite animal.
Flamingos, cats and
giraffes are easy starters.**

Animal Poses



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Level #1: The leader calls out directions and the students take a step in that direction.

Level #2: The leader calls out directions and the participants step in the opposite direction.

Level #3: The leader calls out directions, the participants say the same direction out loud and take a step in the opposite direction.

Level #4 The leader calls out a direction, the participants say the opposite, but go the direction that the leader calls out.

I Say, You Go





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Get your students grooving to some music. When the music stops everyone must freeze.

Freeze Dance



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See what kind of workout you can get, only using items in the classroom!

Ex: table push ups, squats to a chair, jumping jacks, toe touches, etc.

Mini Workout





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The leader calls out a body part, followed by a colour. Children must touch said body part to something in the room of said colour.

Ex: Blue elbow, orange ear, purple toe.

Blue Elbow



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Children start standing in a large circle with 1-5 balls, depending on numbers. The object of the game is to get the ball moving across the circle as quickly as possible without it dropping. There is only one rule: no talking or laughing allowed. If a child drops the ball or makes noise they are "out" and start a new circle for the other kids who get out to join.

Silent Ball





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Each child starts with an object laying flat on top of their hand (we like to use cones). The object of the game is to knock other's object down without dropping theirs. Once a child drops their item they continue to play by knocking other's objects.

Knockdown



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See how fast your group can line up in a specific order.

Ex. Tallest to shortest, by birthdays, etc.

Fun twist: can they do it with no talking?

Line Up





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Split your space into half with two different movements. Have children move freely between the two.

Ex: Floating & Zooming, Bouncing & Flying, etc.

Movement Zones



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Everyone starts in a large circle. One child begins by going into the middle and saying “I’m a _____” and freezing in a balance pose. The rest of the group joins in by adding to the scene.

Tip: give you students a theme like the zoo, beach, etc.

I’m A...





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**Play some music and
get into bands to jam
out with fake
instruments.**

**Bonus points for a
making a band name!**

Air Band



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**Visit YouTube and find
a Just Dance video
with choreography for
everyone to follow
along with**

Just Dance





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Have everyone start sitting in a chair except for one child. The child standing must say something about themselves. If that applies to you, say “Just like me!” and stand up and find a new chair. Last one standing begins the next round.

Just Like Me



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Students partner up and one student is the leader, the other is the mirror and must copy exactly what the leader does. Switch after a minute.

Mirror, Mirror





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Put a bunch of words/actions in a bowl. Have children pick one and act it out without talking.

Charades



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Find a yoga video for kids on YouTube or a Yoga app (see our website for a list) and practice your best yoga moves!

Meditation





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The leader yells out two body parts and children must stand with those two parts touching. Ex: Shoulder to Shoulder, Elbow to Foot, etc.

Shoulder to Shoulder



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Can you make each letter with your body? How many kids does it take to spell out the word CAT? Test your spelling abilities while twisting and stretching your bodies!

Body Spelling





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Partner up for this game and try to shoot a soft plush ball into your partner's arm "basket". Switch after 5 shots.

Body Basketball



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This game is perfect to incorporate into clean up time!

Who can toss a piece of garbage into the garbage can from farthest away?

Garbage Ball





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Using the things in your room, have students build and then go through an obstacle course. Chairs and tables are perfect for crawling over and under!

Obstacle Course



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Have students start on one end of a field. On "Go" children must run as far as they can while screaming. They stop wherever they need to take a breath.

Screaming Eagle





Create a tournament style thumb wrestling mania! Have kids partner up and play someone in a best of five game before moving on to a new partner.

Thumb Wrestle Mania



Play this old classic with students to get them moving and thinking at the same time!

Simon Says





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**Use a rubber chicken
(or any stuffed animal)
to demonstrate
different stretches for
your children to copy.**

Chickenastics



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**For a quick stretch
have children put their
hands down on their
chairs or the ground
where they are sitting
and use their arms to
push them up off their
bums and “blast off”**

Blast Off





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Use a drum, tambourine, or even your hands and have kids take a step every time they hear the beat. Experiment with slow and fast beats to have them walking, jogging, running, etc.

Move to the Beat



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Start with an odd number of children in a circle. One person starts with a ball and passes it two people to the left. This continues all the way down the circle until everyone has touched the ball once. See how many balls you can add without dropping one.

Group Juggling





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Start by facing your partner, with one person standing and one sitting on their bum while holding hands. See if you can switch positions without letting go (like a seesaw!)

Seesaw Sit Up



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Give everyone a piece of paper and 2 minutes to make the best paper airplane they can. One at a time, let them fly their planes and see who's goes the furthest!

Flight School





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Give every child a tail (made from scrap fabric, a plastic bag or whatever you can find) to tuck into their waistband. On "Go" kids try to capture the flags of other kids and add them to their waistband. If a child loses a tail they continue to play and try to win a tail back.

Capture the Tail



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Begin with everyone lined up and holding hands. Have one child at the end start with a hoola hoop. The object is to move the hoola hoop all the way down the line without anyone letting go.

Human Chain





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Give everyone one paper plate to use as their paddle and begin a tennis game with balloons!

Balloon Tennis



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Using string, yarn, elastics, etc. have half the class make a laser obstacle course by looping the string around themselves and have the other half crawl through without touching the lasers. Then switch!

Laser Beam





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Begin with everyone standing front to back in a circle. Have the children attempt to sit on the person behind them as a chair, while supporting the person in front of them, creating one giant chair!

Giant Chair



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Make a large X&O grid on your floor with painters tape or yarn. Divide children into two teams, X's and O's. Instead of using markers, the children will be the X's and O's and place themselves on the board.

Giant X's & O's





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Use painters tape on your floor to make a big obstacle course (think tight ropes, hopscotch and big leaps)

Painter's Tape



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This game is to get active while reading. Choose a word that is said many times in the book. When the word is said, children must stand. When it is said again they sit. Continue for entire book.

OutSTANDING





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Instead of having a normal clean up time, see how many items you can carry on your tummy and put away while walking like a crab.

Crab Carry



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Have two children try to move with a balloon between a specific body part (ex. Head, knees, elbows, etc.)

Balloon Waddle





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Use two paper plates under each foot on a smooth surface to pretend like you're a speed skater

Plate Skate



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Using homemade instruments (or just your body) have one child start a beat while the others try to copy it.

Follow the Beat





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Turn off the lights for a fun twist on limbo. Use a flashlight instead of a limbo pole!

Flimbo



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Have one child stand in the middle of a circle and call out one of the three elements: Air, Land or Water, and throw a ball to another child. The child must name an animal that lives in that element before catching the ball. If they don't, they replace the child in the middle.

Elements





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A fun twist on Duck Duck Goose. Instead of calling "Goose" have the child call out any other animal. Both kids must move like that animal around the circle.

Duck Duck ?



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Have all children take off one shoe and put them in a pile. Teams line up relay style and run to the pile of shoes, put theirs back on and high fives the next teammate to go.

Shoe Relay





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Have partners create a fancy, three step handshake to show the class. The class must try to memorize and repeat as many of the handshakes as possible.

Handshakes



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Have each student place a ball, sponge, or large object in between their feet. Try to jump (while keeping the object in between the feet) and drop it into a bucket.

PogoBall

