



Halloween Lesson Plan

Age Group: School Age

Length: 30-45 Minutes

Fundamental Movement Skills (FMS): Running, Dodging, Tracking, Striking, Jumping, Hoping, Leaping, & Balance

Equipment: Cones, Balloons, Noodles, Beanbags, Hoops, Chinese Jump Rope.

Warm Up: Zombie Walk

5 Minutes

Equipment: None

FMS: Running & Dodging

Assign a few students to be the zombie. They must walk like a zombie; their job is to try to tag all the humans. If a human gets tagged, they become a zombie. Continue playing until everyone is a zombie.

Note: play in a smaller space because the zombie is walking not running.

Monsters vs. Aliens

5-10 Minutes

Equipment: Cones

FMS: Running & Dodging

Two teams face each other lying down on their stomachs in the middle of the floor. One team will be the Monsters and the other will be the Aliens. The leader will call either "MONSTERS" or "ALIENS". The team that is called out must chase and try to tag the other team before they get to the sideline. Once tagged, the persona will join the opposite team. The game continues for several rounds, with players constantly switching teams.

Video - <https://fitkidshealthykids.ca/node/3>



WATER BREAK!

Float the Ghost

5-10 Minutes

Equipment: 1 Noodle & 1 Balloon per Person

FMS: Striking, Tracking, & Running

Level 1: Use your hands or a noodle to strike the ghost (balloon). Try to keep the ghost in the air for as long as possible.

Level 2: In level 2, take away a few balloons from select participants. If you do not have a ghost in control, your job is to try to take somebody else's ghost. If a ghost touches the ground, that ghost is out of play. Continue playing until all the ghosts are out of play.

Spider – Tac- Toe

10-15 Minutes

Equipment: 9 hoops & 8 Beanbags for every 10 children.

FMS: Running

Set Up: Set up a tic tac toe grid using hoops. Set up cones or poly spots at the opposite side of the gym, the children will run from here.

Form 2 teams in lines, giving each team 4 beanbags. On go, teams will race one at a time and place an item in a hoop trying to get 3 in a row (tic tac toe). If tic tac toe is unsuccessful within those 4 turns, the next players running will remove one of their items to an empty hoop until tic tac toe is successful.

Note: Make the teams Spiders vs. Pumpkins and tape a picture onto a beanbag.



Cool Down: Spider Web

5 Minutes

Equipment: Chinese Jump Ropes or Stretchy Bands

FMS: Jumping, Hoping, Leaping, Balance, & Dodging

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Within the same teams as before, students will be responsible for making a spider web using a Chinese jump rope or stretchy band. Their job is to try to get through the web by jumping, hopping, leaping, and moving through the web without touching the web.

Internal Note: Other Halloween Games:

Smurf Tarp with dimmed lights = hide and go seek tag

Halloween Yoga Poses