

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Traffic Lights

Game Description:

An easy game of commands. Good to warm up or cool down a large group.

Objective:

For children to listen to the different commands and do the corresponding action.

Game Rules:

Have children spread out around the gym. The leader then announces various commands for children to follow. Commands are based on a traffic light and are as follows: - "Red Light", children should stop - "Yellow Light", children should run on the spot - "Green Light" - children should run around the gym - "Car Pool", children should run in a group of two (link arms) - "Speed Bump" - hop around

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team Building / Ice Breaker
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
Medium Space (Classroom, Empty Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 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:

Gallop
Hop
Jump
Run
Skip

Lesson 2

Drive Me Crazy

Game Description:

Simple multi-skill activity to get children moving!

Objective:

The goal of this activity is to practice multiple transportation skills.

Game Rules:

Using a hula hoop as a steering wheel have the children pretend to drive a car around . The leader yells crash, everyone's' car must breakdown until a mechanic comes and fixes them. Leader can act as mechanics, by using a noodle or their hand, they can run around and pat each child on the head to 'fix them'. When the child is 'fixed' by the mechanic, the mechanic will now call out another locomotor/ transportation skill for the children to use such as galloping, running, skipping, hopping...the options are endless!

AGE:

4 to 6 years

TYPE OF ACTIVITY:

Multi-skill game
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
2 Leaders

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:

Coordination
Gallop
Hop
Jump
Run
Skip

Lesson 3

In The Water On The Beach

Game Description:

Great game to work on children's jumping, hopping, and leaping skills!

Objective:

Follow the leaders instructions and jump from "in the water" to "on the beach"!

Game Rules:

Place hoops around play area. Make sure that there is one hoop per person. The hoops are the "water" and outside of the hoops is called the "beach". Next, have a leader demonstrate how to jump into the water and on to the beach. Have a leader then call out to the group "in the water" and "on the beach", while children jump back and forth. To make it more difficult, increase the tempo of calling out "in the water" and "on the beach", and jump in all directions (sideways, forwards, and backwards). Make it fun by creating a story to go with the activity (ex. trying to stay away from the sharks) or add extra parts that add to the fun atmosphere such as having the children swim in the water (lay on their stomachs/backs and pretend to swim), dip their toes in the water, or cannonball!

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Skill instruction
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:

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

TYPES OF SKILLS PRACTICED:

Hop
Jump

Lesson 4 Zoo

Game Description:

A fun warm up game where you can act like zoo animals!

Objective:

Walk around like a zoo animal, but don't get caught by the zookeeper!

Game Rules:

Scatter hoops all over the playing area and tell the children that they are going to walk like a bunch of different zoo animals, maybe a giraffe or elephant etc. While they are walking around the hoops the leader will say ZOO! This means that the zookeeper, the leader, is coming and all the animals need to run and find a hoop, or get into their cage, before the zookeeper catches them. After they all get to a hoop, say another animal and repeat the process.

Adaptations (optional):

With older children you can remove one or two hoops per round, and if the zookeeper tags any of the animals then that child will join in as a zookeeper!

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Co-operative / Team Building / Ice Breaker
Multi-skill game
Warm up/Cool down

SPACE NEEDED:

Medium Space
(Classroom, Empty Room)
Small Space (Hall, Furnished Room)

HOW MANY LEADERS ARE NEEDED:

Only 1

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
Gallop
Hop
Jump
Run

Lesson 5 Snakey Snakey

Game Description:

This is a great outdoor or indoor activity to develop your children's jumping, hopping and leaping skills!

Objective:

The goal of this game is to try and jump over the 'snake' without getting caught!

Game Rules:

Stretch out the boat rope with one leader holding either end. Together the leaders move the rope back and forth to resemble a snake. Children try and jump over the quickly moving snake without getting caught!

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Multi-skill game
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:

2 Leaders

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:

Agility
Balance
Coordination
Dodge
Hop
Jump
Run

Lesson 6

Jump up and Grab the Rope!

Game Description:

A warm up or cool down game that focuses on a vertical jump. All you need is a rope.

Objective:

To jump up as high as you can and grab the rope.

Game Rules:

Have two leaders hold up a rope just high enough that it is difficult for a child to jump up and reach it. Have the children line up single file. The first child will go under the rope and jump as high as he or she can while attempting to grab the rope. This child will then go to the back of the line and wait for their turn again.

Adaptations (optional):

Hold the rope higher or lower for shorter and taller children, but be sure to make this a challenge for each child.

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Skill instruction
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:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15
kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination
Jump
Strike
Track

Lesson 7

Worms and Ponds

Game Description:

An awesome multi-skill game!

Objective:

Work on a variety of fundamental movement skills that the leader calls out.

Game Rules:

The ropes are the worms and the hoops are the ponds. Have a leader call out “worms” or “ponds”. When the leader calls out “worms”, the children must walk along the ropes that are stretched out in the play area. When the leader calls out “_____ to the ponds”, fill in the blank with a fundamental movement skill such as jump, hop, leap, skip, or gallop.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Multi-skill game
Skill instruction
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space
(Classroom, Empty
Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15
kids)

TYPES OF SKILLS PRACTICED:

Balance
Gallop
Hop
Jump
Run
Skip

Lesson 8

Sleeping Like a Kitty

Game Description:

A great cool down activity for the young ones. No equipment needed.

Objective:

Pretend you are a kitten waking up.

Game Rules:

Tell the children that they are going to pretend that they are a kitten just waking up. Have the children on their back and stretching to touch their toes, then have them on their knees and stretch forward as far as they can. Finally have them stand up and reach for the sky.

AGE:

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)

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)

Medium group (6 - 15 kids)

Large group (16+ kids)