

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Save the Puppies

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### **Game Description:**

A nice warm up game for children aged 2-5. At least one bean bag per child and one bucket is needed.

### **Objective:**

Bring all the puppies home!

### **Game Rules:**

Spread your bean bags all over the playing surface. If you are in a furnished room you can hide some under chairs or on top of desks. Hold up a bean bag and tell the kids "this is my puppy", pet it and hold it like you would a puppy. The kids will then understand that the bean bags are puppies. Tell them that the puppies are lost and need to be brought back home. Ask them to go get the puppies, one at a time and bring them home.

### **Adaptations (optional):**

Have 3 or 4 different coloured bean bags and hoops and have them return the bean bag (puppy) to the same colour hoop. You can also have them return the bean bag to a different colour hoop.

### **AGE:**

2 to 3 years  
4 to 6 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)  
Small Space (Hall, Furnished Room)  
Field / Park

### **HOW MANY LEADERS ARE NEEDED:**

Only 1  
2 Leaders  
3 - 4 Leaders  
Event staff

### **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  
Gallop  
Hop  
Run  
Skip

## Lesson 2

### Puppy Walk and Tricks

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#### **Game Description:**

Silly game where beanbags are puppies!

#### **Objective:**

Take your puppy for a walk.

#### **Game Rules:**

Give each child a beanbag and tell them that it is a puppy. Put the puppy on their leash by holding the edge of the bean bag. Have the children follow you as you take the puppy on a walk. Change the tempo so the puppy is running, walking, skipping, galloping, etc. In this game the leader has to be silly with the children. You can take the puppy to get water, food, on an adventure, etc. After walking the puppy ask the children if their puppies can do any tricks like sitting on top of their head. Have the children try different balance poses with the puppy (ie. balance on top of their hand, on their foot, on their back, etc).

#### **AGE:**

2 to 3 years

4 to 6 years

#### **TYPE OF ACTIVITY:**

Multi-skill game

#### **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:**

Agility

Balance

Coordination

Gallop

Hop

Jump

Rhythm

Run

Skip

Track

## Lesson 3

### Block Knockdown

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#### **Game Description:**

A fun introductory game to throwing at a target!

#### **Objective:**

Try to throw the bean at the block to knock it down.

#### **Game Rules:**

Give each child one block and one bean bag. Demonstrate throwing or sliding the beanbag at the block to knock it over. Encourage children to try to knock the block over as many times as possible.

#### **Adaptations (optional):**

Use a ball instead of a beanbag.

#### **AGE:**

2 to 3 years  
4 to 6 years

#### **TYPE OF ACTIVITY:**

Skill instruction

#### **SPACE NEEDED:**

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

#### **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:**

Coordination  
Throw  
Track

## Lesson 4

### Kick the Block

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#### **Game Description:**

A fun introduction to kicking. All you need is some foam blocks.

#### **Objective:**

To run and kick the blocks as fast and as hard as you can.

#### **Game Rules:**

Give each child a block and tell them to set it up and kick it. Be really encouraging during this time.

#### **AGE:**

2 to 3 years  
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:**

Only 1

#### **HOW BIG OF A GROUP IS NEEDED:**

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

#### **TYPES OF SKILLS PRACTICED:**

Agility  
Balance  
Coordination  
Kick  
Run

## Lesson 5

### Jump Over the Block

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#### **Game Description:**

Teach children how to jump with this fun activity.

#### **Objective:**

Jump off and over the block.

#### **Game Rules:**

Give a block to every child, demonstrate jumping over the block. Encourage them to lay it on the ground and jump over it. Make it more challenging by standing the block up and jumping over it. Encourage children to jump forwards, backwards, and side to side. Have children stand on the block and jump off of it manipulating their bodies in the air.

#### **AGE:**

2 to 3 years  
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)

#### **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:**

Agility  
Balance  
Coordination  
Hop  
Jump

## Lesson 6

### Strike the Block

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#### **Game Description:**

Great way to introduce striking to little ones!

#### **Objective:**

Strike the block

#### **Game Rules:**

Give one block and one noodle to each child. As the leader demonstrate striking the block with the noodle and tell the children to try!

#### **AGE:**

2 to 3 years

4 to 6 years

7 to 9 years

#### **TYPE OF ACTIVITY:**

Multi-skill game

Skill instruction

#### **SPACE NEEDED:**

Large Space (Gym, Multipurpose Room, Playroom)

Medium Space (Classroom, Empty Room)

#### **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:**

Coordination

Rhythm

Strike

Track

## Lesson 7

### Get on your Horse

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#### **Game Description:**

This is a great skill progressing activity for galloping. Half pool noodles and a star on the right foot and heart on the left foot is all that is needed.

#### **Objective:**

To gallop around the playing area using the half noodle as your horse.

#### **Game Rules:**

Put a star on each child's right foot and a heart on their left foot. Give each child a noodle and tell them to mount the noodle as they would a horse. Once each child is on their horse have them gallop around the playing area like a horse. Call out "start to heart" or "heart to star" if you need to remind them how to gallop. Ask them to put their horse to sleep for a nap and then to wake up! Or to take their horse to the lake to get a nice long drink.

#### **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)

#### **TYPES OF SKILLS PRACTICED:**

Agility  
Balance  
Coordination  
Gallop  
Rhythm

## Lesson 8

### If You're Happy and You Know It

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#### **Game Description:**

Great song to get little ones moving and grooving.

#### **Objective:**

Follow the singers instructions on what to do if you are happy

#### **Game Rules:**

Sing the song "If You're Happy and You Know It". Pick actions that are active. Examples include, stomp your feet, turn a round, skip over there, run over here, jump up high, high five a friend, etc. Verse- "If you're happy and you know it \_\_\_\_\_ (say an action), If you're happy and you know it \_\_\_\_\_ (same action) If you're happy and you know it, and you really want to show it, if you're happy and you know it \_\_\_\_\_ (same action)."

#### **AGE:**

2 to 3 years  
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

#### **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:**

Balance  
Coordination  
Gallop  
Hop  
Jump  
Rhythm  
Run  
Skip