

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Chuck Says

Game Description:

An active version of Simon Says!

Objective:

Only do the movement skill that Chuck tells you to do!

Game Rules:

Ask the children if they have played Simon Says before. This game is like Simon Says, except we're going to be listening to Chuck, the rubber chicken. Tell the children to only listen if Chuck tells them to do something, but not if it's someone other than Chuck (This can be skipped for younger children.) Start off by saying "Chuck says...Everybody stand up on their feet!" Continue to mix in a variety of different movement skills such as jumping, running, hopping, galloping, crawling and dancing! Every now and again you can just say the fundamental movement skill, or use a different name than Chuck and see if the children catch on and don't perform the skill.

Adaptations (optional):

If children start doing a skill that Chuck didn't tell them to do, then they have to do 5 jumping jacks.

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Co-operative / Team Building / Ice Breaker
Multi-skill game
Skill instruction
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:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Gallop
Hop
Jump

Kick
Rhythm
Run
Skip

For more games & activities visit fitkidshealthykids.ca Physical Literacy...it's just a hop, skip and a jump to fun!

Lesson 2

Duck Duck Goose Throw

Game Description:

Fun variation to the classic game of duck duck goose!

Objective:

Catch the ball

Game Rules:

Instruct all children to stand in a circle, the leader stands inside the circle with a ball. The leader throws the ball to one child at a time and says "duck" (the child catches and throws back to leader) or "goose" (the child must run around the circle back to their spot after they catch and throw back to the leader).

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

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
Catch
Coordination
Throw
Track

Lesson 3 Chase Chuck

Game Description:

A fun chase game to get kids running and engaged!

Objective:

Try to collect the rubber chicken "Chuck" and bring him back home.

Game Rules:

While holding the rubber chicken (named Chuck), or another stuffed animal, tell the children that they are working together as a team to chase you, get Chuck, and bring him back to his home (where they are currently sitting). They win the game when somebody catches or grabs Chuck and they all sit down together at Chucks home. While carrying Chuck, have the children chase you all over the playing area. Hold Chuck up high in the air to make them jump to try and grab him and hold him low on the ground so they have to bend over as well. If you have other leaders you can toss Chuck in between yourselves and keep the kids chasing. Eventually let one of the kids catch or grab Chuck by throwing him to a child to catch or holding him low enough to let someone grab him. Encourage everyone to run to Chuck's home and sit down fast!

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)
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:

Agility
Catch
Gallop
Jump
Run
Skip
Track

Lesson 4

Bean Bag Scramble

Game Description:

A fun and competitive relay game, all you need are at least 2 bean bags per participant and a hoop for each team.

Objective:

Get as many bean bags back to your hoop as you can before they are all gone!

Game Rules:

Divide the group into teams of about four children per team. The maximum amount of teams you should make is four so the teams may end up being bigger than four children in each group. Have each team go to a corner of the playing area with their hoop. Place all the bean bags in the middle of the playing area so they are the equal distance from each team. When the leader says go the first person in line for each team will run to the middle and grab a bean bag, once he or she places the bean bag in their hoop the next child in line will run to the middle and grab a bean bag. Keep going until all the bean bags are gone and count them up. The team with the most bean bags wins!

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game
Skill instruction

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)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Gallop
Hop
Jump
Run
Skip

Lesson 5 Pizzeria

Game Description:

A great game to get children up and moving at top speed while also being creative.

Objective:

Make a delicious "pizza" with beanbags

Game Rules:

Place a large hoop in the middle of the playing area. Tell the children this is the pizza pan, and today they are going to be making a pizza using the different coloured beanbags. You can pick out the pizza toppings using various colours (ex. yellow beanbags for the cheese). Spread all the beanbags all over the playing area. The children run quickly to the beanbag, and run it back and place it on the pizza pan (large hoop), until all the beanbags are inside the hula hoop. Make sure the children only grab one beanbag at a time.

AGE:

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

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:

Agility

Coordination

Gallop

Run

Skip

Lesson 6

Bean Bag Challenges

Game Description:

Great warm-up or cool-down game to practice tracking, throwing, and catching.

Objective:

Toss beanbag up in the air and catch it.

Game Rules:

Give a beanbag to each child and instruct them to perform the following challenges: Throw a beanbag in the air, turn around, and catch it again; Throw the beanbag up and backwards over your head and try to catch it behind your back; Throw the beanbag in the air, clap your hands once, and catch it. Now try clapping your hands twice, then three times, and so on. How high can you go? Throw the beanbag in the air and clap your hands under your right leg before catching it. Now try with your left leg. Now clap behind your back. Invent some more challenges; Throw the beanbag up, jump, and try to catch it. Jump twice. Jump three times! Throw it up, kneel down and try to catch it; Throw and catch with just your right hand, then with just your left; Try throwing it up and catching it with your eyes closed! Balance the beanbag on your right foot, then throw it up and catch it from there. Can you do it with your left foot too? Can you run with a beanbag balanced on your head? Can you jump? Can you twist around? Can you kneel down and stand up again, or sit down? Can you climb the stairs? Can you do any of these things with two beanbags balanced on your head? Or three? Try balancing a beanbag on each shoulder while you walk, run, jump etc; Sing one of your favorite songs or rhymes while you throw the beanbag up and catch it, or pass it round a circle of children; Set up a variety of hoops, containers and targets and have some throwing practice. How far can you throw the beanbag? Does it make a difference if you throw over-arm or underarm?

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team Building / Ice Breaker
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:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Catch
Coordination
Throw
Track

Lesson 7

Bean Bag Body Balance

Game Description:

Easy and fun balancing activity that only uses bean bags!

Objective:

The goal of the activity is to balance bean bags on various places on the body.

Game Rules:

One bean bag is distributed to each person. The game begins by having all the children balance a bean bag on their head while moving around in the open space. As the children move call out different places to balance the bean bag such as: shoulder, elbow, back, hand and top of the foot. This activity is a great way to practice balance as they move!

AGE:

4 to 6 years
7 to 9 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:

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

TYPES OF SKILLS PRACTICED:

Balance
Coordination

Lesson 8

Sensory Tunnel

Game Description:

Super fun activity all ages love!

Objective:

Crawl through the sensory tunnel.

Game Rules:

Let children crawl through the sensory tunnel. If your tunnel is super stretchy, they can try to stand up and make different shapes with their bodies.

Adaptations (optional):

If you have a large group of young ones, have them sit down in the meeting area until their name is called to have a turn.

AGE:

2 to 3 years

4 to 6 years

7 to 9 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:

2 Leaders

3 - 4 Leaders

HOW BIG OF A GROUP IS NEEDED:

One person

Pair

Small group (3-5 kids)

Medium group (6 - 15 kids)