

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 54321 Warmup

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### **Game Description:**

Silly warm up activity to get little ones moving!

### **Objective:**

Wiggle all your body parts to warm up!

### **Game Rules:**

Leader explains to children that they are going to wiggle their right arm 5 times, then their left arm 5 times, then their right leg 5 times, then their left leg 5 times. After 5 is done, go to 4, then 3, 2, and 1. Make sure as the leader you are silly and participate with the children.

### **AGE:**

2 to 3 years

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)  
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:**

Balance

Rhythm

## Lesson 2

### Quack Attack

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#### **Game Description:**

Bring the duckies home! All you need is some yellow sponge balls and some buckets!

#### **Objective:**

To bring one duckie home at a time!

#### **Game Rules:**

Tell the children we are going to be playing with duckies today, and show them your yellow sponge ball. You can ask them to make the sound of a duck, and let them know the duckies are going to go out and play and be crazy, and it is their job to get all the duckies into their home, which can be buckets which works the best, or hoops. Encourage them to make quacking noises too, to incorporate some silly fun. The children must work together to quickly get all the duckies into a bucket. Once they are all in a bucket, you can send them back out flying and the children have to move quickly to do so again. You can place the buckets around the room, and move them farther out the more times you play the game, to increase the distance the children run.

#### **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

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

Run

Throw

Track

## Lesson 3 Flying Duckies

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### **Game Description:**

This is a great fun way to get young children learning to throw with both hands. .

### **Objective:**

Each child should only be given one duckie at a time to throw. After the child has thrown their duckie, have them then run and grab the duck, and stand again holding the duckie in both their hands, waiting for the next throw.

### **Game Rules:**

This game will work on the fundamentals of throwing, and also gets the children running after their ball after they have completed the throw. Give each child a yellow foam/sponge ball and tell them this is their duckie. Have all the children stand up in a horizontal line. You can place a boat rope or other types of markers on the ground to help the children space themselves out. Once they are standing, let them know we are going to make our duckies fly. Have them hold their duckie up high in the air, you can encourage them to quack like a duck at this point. Then have them show their duckie behind them to help with the follow through of their throw, and then have them throw their duckie

### **AGE:**

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

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:**

Run

Throw

## Lesson 4

### Tossing Through the Hoops

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#### **Game Description:**

A simple activity that can teach a variety of throwing skills such as underhand and overhand throwing. Grab a hoop and a soft sponge ball.

#### **Objective:**

To toss the ball through the hoop.

#### **Game Rules:**

Have one partner hold a hoop out like a basketball hoop in front of him or her. Have the other partner stand about 5 feet away and toss the ball through the hoop. For the really young children have a leader hold a hoop, but for children aged 4 and up a peer can hold the hoop. Challenge the thrower by holding the hoop high, low and off to the side.

#### **AGE:**

4 to 6 years  
7 to 9 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  
2 Leaders  
3 - 4 Leaders

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

One person  
Pair  
Small group (3-5 kids)

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

Throw

## Lesson 5

### Round Up the Balls

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#### **Game Description:**

Great game to get your toddlers moving.

#### **Objective:**

Bring all the balls to the hoop.

#### **Game Rules:**

Scatter a bunch of balls in the playing area. Get the toddlers to bring all the balls to the hoop. Once all are brought to the hoop, scatter the balls again and play again.

#### **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)

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

Run

## Lesson 6

### Baby Bumble Bee

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#### **Game Description:**

Fun way to get little ones moving to a familiar song!

#### **Objective:**

Move around to the lyrics of the song.

#### **Game Rules:**

Sing Baby Bumble Bee Song, as you are singing engage in the different activities you are singing about. Verse 1 "I'm picking up my baby bumble bee, won't my mommy be so proud of me. I'm picking up my baby bumble bee, oh eee he stung me" (Pick up ball during this verse) Verse 2 "So I'm throwing away my baby bumble bee, won't my mommy be so proud of me. I'm throwing away my baby bumble bee, oh eee, where is he?" (Pick up balls and throw all around) Verse 3 "I'm picking up my baby bumble bee, won't my mommy be so proud of me. I'm picking up my baby bumble bee, oh eee he stung me" (Pick up ball during this verse) Verse 4 "I'm bringing home my baby bumble bee, won't my mommy be so proud of me. I'm bringing home my baby bumble bee, oh eee their happy" (Bring all the balls to a hoop/bucket)

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

Continue adding verses to the song to meet the needs of your group.

#### **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:**

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

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

Coordination  
Run  
Throw  
Track

## Lesson 7

### Pool Noodle Hockey

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#### **Game Description:**

A modified version of hockey. Playing with noodles as hockey sticks levels the playing field for those who do not have much experience playing hockey.

#### **Objective:**

To score goals on your opponents net and to prevent the ball from going into your net.

#### **Game Rules:**

Played similar to traditional hockey. 1 point awarded per goal.

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

For younger ages, put out a bunch of balls and tell them to strike the ball into the nets to score a point.

#### **AGE:**

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

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

Only 1

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

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

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

Agility  
Balance  
Coordination  
Run  
Strike  
Track

## Lesson 8 Followed Beat

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### **Game Description:**

A fun cool down activity

### **Objective:**

Get the children engaged and listening

### **Game Rules:**

The leader claps out a beat and the children are to clap the same beat back to you. You can also have one of the children be the leader as well and have them be the person who starts out the beat. Make sure to switch the children starting the beat so they all get a chance!

### **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:**

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

Rhythm