

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Little Sleeping Animals

Game Description:

A silly song to get kids acting like different animals!

Objective:

To go to sleep and wake up a different animal over and over again!

Game Rules:

Tell all the children that you're going to sing a song where they're going to act like all kinds of different animals. To start off this song everybody needs to be sleeping animals so get the children to pretend they're asleep and once everyone is down and quiet you can start the song: All the little animals asleep under the moon... But the sun's coming up and they'll be awake soon... **WAKE UP LITTLE BUNNIES AND JUMP JUMP JUMP!** Jump around for a while and then repeat: Wake up little bunnies and hop...*YAWN* jump..... jummmpp.... Stretch your arms out and slowly lie down again and encourage the children to "go to sleep". Repeat the same song as above but substitute in different animals and movement skills. For example: Elephant = stomping, Spiders = crawling, Birds = flying, Cheetah = running, The possibilities are endless!!!

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)

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
Run
Skip

Lesson 2 Get the Ball!

Game Description:

A simple chase game. A great skill progression for sports such as basketball, football and baseball. All you need is a few different sized balls.

Objective:

Chase after the ball, grab it and bring it back.

Game Rules:

This works best with a maximum of five kids per leader. Have the Children line up single file. Roll or bounce the ball and have the first kid in line chase the ball down, grab it and bring it back to you and then go to the end of the line. Use different sized balls to add a variety to the chase!

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)

Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

2 Leaders

3 - 4 Leaders

Event staff

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

Catch

Coordination

Run

Track

Lesson 3

Pogo Ball Relay

Game Description:

Try this silly relay race!

Objective:

Jump as fast as you can to the other side while you have a ball in-between your legs.

Game Rules:

Mark out cones at the other side of the playing area. Separate children into lines of 3-4. Give the first child from each line a ball. On go, the first child from each line must jump with the ball in between their legs to the cone and back. Once they have gone, they must high five the next person in line and then go to the back of the line. Tip: If you place colourful hoops across from each other it will make it easier for you to manage the game and separate the children into lines.

Adaptations (optional):

For younger groups give them a plush ball and for older groups give them a harder ball. If you have a small group you can make it a pogo ball race from one side to the other.

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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Jump

Lesson 4

Pow Bag

Game Description:

Practice your martial arts skills on the pow bag!

Objective:

To practices striking and kicking

Game Rules:

Hang up pow big from a broomstick, in a large doorway or from the ceiling. The Pow Bag is a pillowcase filled with bubble wrap newspaper or anything light. Let children practice their martial art moves on the Pow Bag by kicking and striking in various sequences. Remember to encourage them to do their strikes with lots energy and explosive movement.

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:

One person
Pair
Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Strike
Track

Lesson 5

Hit and Kick baseball

Game Description:

A twist on a classic baseball game!

Objective:

The goal of this game is to practice striking, kicking and running.

Game Rules:

Hit and kick baseball is a great indoor game to play with toddlers, preschoolers and children all the way up to grade 2. Using a ball tied to a broomstick, have a child ready to work on their two-handed strike. They must hit the ball with a pool noodle, run to the brick, kick it down and run back. This game is much like a hit and run to first base in baseball.

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)

TYPES OF SKILLS PRACTICED:

Kick

Run

Strike

Lesson 6

Balance Beam Walk

Game Description:

Work on balancing with your toddler group

Objective:

Walk across the balance beam

Game Rules:

Encourage children to walk across the balance beam.

Adaptations (optional):

Try staggering the blocks to make a different balance beam.

AGE:

2 to 3 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:

Pair

Small group (3-5 kids)

Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Balance

Lesson 7

Mega Builders & Destroyers

Game Description:

Practice striking with this fast paced game!

Objective:

Destroyers try to strike down all the blocks while the builders try to set them back up!

Game Rules:

Assign the children who have noodles in hands the "Destroyers", they must strike down as many blocks as possible. Meanwhile, all other children are the "Builders", they must set the blocks up. Play multiple rounds to make sure each child has a turn being the destroyer.

Adaptations (optional):

Add a King Kong who gets to run through all blocks.

AGE:

4 to 6 years

TYPE OF ACTIVITY:

Multi-skill game

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:

Small group (3-5 kids)

Medium group (6 - 15 kids)

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility

Coordination

Run

Strike

Lesson 8

Noodle or Block Madness

Game Description:

Fun multi-skill game!

Objective:

The goal of this game is to engage children in a variety of locomotor skills.

Game Rules:

Lay half noodle all over the open space. Begin by having the children skipping around the noodles when the leader calls out a colour, the children run to a noodle of that colour and touch it. Once everyone has touched the right coloured noodle the game begins again.

Adaptations (optional):

For variation, different locomotor skills can be used in place of skipping such as running, hopping, galloping etc. You can also play this game using blocks.

AGE:

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)
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 9

The Clean Up Song

Game Description:

Sing this song next time you have to clean up.

Objective:

Clean up the equipment using this song.

Game Rules:

Sing this song to help transition between games. "Twinkle, Twinkle little star, Time to clean up where you are. Put the toys back in their place. Keep a smile upon your face. Twinkle, Twinkle little star, Time to clean up where you are."

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:

Run