

Fit Kids Healthy Kids – My Clipboard

Lesson 1 The Tale of the Tree Warm Up

Game Description:

Great warm up game for young children!

Objective:

Follow the directions to find out what is happening with the little seed.

Game Rules:

Tell the children that they are little seeds and they must make themselves really small. Tell the children that the sun is coming up and they can grow big and tall into trees. Have the children reach up on the tippy toes and use their arms to make tall branches. Next, tell the children you are the lumberjack and you are going to cut all the trees down. Go around and "chop" the trees (children) down. They will lie down. Next, the trees will be loaded onto the railway. This is done by dragging the children onto the train. Tell the children that the trees are logs now and they must stay really still while being moved. The kids will laugh like crazy at this point!

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:

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)

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Balance

Coordination

Rhythm

Lesson 2

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 3

Get on your Horse

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 4

Strike the Block

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 5 Balloon Keep Up

Game Description:

An excellent activity to develop the skill of striking, just grab a half pool noodle and a balloon!

Objective:

Keep your balloon in the air by striking it with your half noodle.

Game Rules:

Count how many times you can hit the balloon with your noodle keeping it in the air.

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

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Coordination
Rhythm
Strike
Track

Lesson 6

Clean Your Room

Game Description:

A game that works on throwing skills!

Objective:

The goal is to have very little or no "stuff" in your room by the end of the game!

Game Rules:

Randomly spread equipment across the play area. Then create a middle line to create the areas for each teams room! Spilt the group into two teams. On the leaders whistle, have children try to throw, one at a time, as many things as possible into the other teams room. After a certain amount of time the leader will blow the whistle again. The team with the cleanest room (less stuff on their side) is the winner! Remind children to throw as far as possible to make it more difficult for the other team.

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
Multi-skill game

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
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:

Throw

Lesson 7

Grow into a Tree

Game Description:

A great cool down game. This activity incorporates stretching and bringing down heart rates by growing like a tree! No equipment needed.

Objective:

To use your body to simulate growing like a tree.

Game Rules:

Have the children sit in a circle. Have them imitate the leader, starting off as a small seed in the ground and growing into a large tree with branches blowing in the wind.

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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination