

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Zombie Chase

Game Description:

Fun warm-up game to get all the children moving around!

Objective:

Run away from the zombie!

Game Rules:

The leader acts like a zombie and chases the children around the play area!

AGE:

4 to 6 years

7 to 9 years

TYPE OF ACTIVITY:

Warm up/Cool down

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:

Coordination

Dodge

Run

Lesson 2

The Steps of Skipping

Game Description:

An introduction to skipping. No equipment needed, just a star on the right foot and a heart on the left foot.

Objective:

For the children to learn the skill of skipping.

Game Rules:

Skipping can be a hard skill to learn for kids as it requires coordinated movements. The YouTube video breaks the instruction down nicely into manageable steps using a star on the right foot and a heart on the left foot. Allow the children time to learn the new skill and do not rush them. Eventually they will be skipping without even thinking!

AGE:

4 to 6 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
Skip

Lesson 3

Galloping the Arch

Game Description:

A simple and effective way to teach the tricky skill of galloping.

Objective:

To introduce the skill of galloping by using an arch on the floor and the stars and hearts method.

Game Rules:

Have the children line up single file behind the leader at the bottom of an arch on the floor. Ask the children to follow you as you call out "start to heart, star to heart" (or heart to star depending on which way you are galloping.) By having them touch their star foot to their heart foot they will learn that when galloping you will always have a lead foot and a follow foot. Give the children ample time to practice this skill. Galloping sideways is easier to learn than galloping forwards. Once they have learned the sideways gallop then try progression to a forward gallop.

AGE:

4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Skill instruction

SPACE NEEDED:

Medium Space
(Classroom, Empty 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
Gallop
Rhythm

Lesson 4 Toro Toro

Game Description:

A great warm up activity. All that is needed is some red fabric.

Objective:

To run through the red flag.

Game Rules:

Have the children line up single file. The leader will be about 15 feet away from the line. Have the first child in line run as fast as they can at the red flag held by the leader. Encourage the child to run hard like a bull at full speed. When the child approaches the flag move it away. Have the child run back to the end of the line.

AGE:

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)

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Jump
Kick
Run
Track

Lesson 5 Hot Potato

Game Description:

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

Objective:

Toss the ball from player to player using under-hand throws as quick as possible.

Game Rules:

Before the game starts, have players form a circle. Instruct players to pass the hot potato (ball) around the circle without dropping it. If someone drops it, they have to perform 5 jumping jacks or run around the circle. After each round, increase the speed that the hot potato is tossed around the circle.

Adaptations (optional):

With younger players, get them to sit in a circle; start with handing the ball to the next player, next try rolling the ball, then try tossing the ball.

AGE:

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

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:

Catch
Throw
Track

Lesson 6 Pinball

Game Description:

Cooperative game for children of all ages.

Objective:

To work as a team to keep the balls continuously moving throughout the circle.

Game Rules:

Children begin by sitting in a circle with their legs stretched out into a v-shape, their feet touch the people beside them. Begin by throwing a ball into the circle. When the ball comes to a child, they should roll it away as fast as they can so that the ball does not stop moving. As a team, the children will see how long they can keep the ball moving. Once children understand the game add more dodge balls, as it increases difficulty and fun!

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
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

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Coordination
Strike
Track

Lesson 7 Followed Beat

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