

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Banana Peel Warm Up

Game Description:

Great silly warm up!

Objective:

You are a banana and warming up.

Game Rules:

Start by telling the children that they are a banana. Start by having the children sitting down with their hands on their heads, they are seeds. Tell the children to start growing into becoming a banana by standing up tall with their hands together, reaching up to the ceiling. Tell the children the bananas are ripe for eating and its time to break out of the peel. Have one of their hands fall to their side, with the other side try to do a side bend. Do the other side. Now that the banana peels are "on the ground" children need to avoid the imaginary banana peels by moving around carefully. As the leader, yell out "LOOK OUT FOR THE PEEL" and have all the children fall to the ground.

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:

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

TYPES OF SKILLS PRACTICED:

Balance
Coordination

Lesson 2

Balance Obstacle Course

Game Description:

A great activity that works on balance.

Objective:

Make it thorough the course without falling!

Game Rules:

Set an obstacle course up out of noodles, balance discs, hoops and blocks and have the children walk around the course trying not to fall off.

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)

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:

Balance

Coordination

Lesson 3

Ring Around the Parachute

Game Description:

A great parachute warm up game, just hold onto the parachute!

Objective:

To follow the instructions of the leader and work together as a team.

Game Rules:

Have each child grab one handle of the parachute. As a group walk together in the same direction so that the parachute is spinning. Have the children walk slow, fast, low to the ground and on their tippy toes. Change the movement skill and have the children gallop, hop, jump and skip.

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)
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:

Gallop
Rhythm
Run
Skip

Lesson 4 Popcorn

Game Description:

THE classic parachute game. A parachute and some foam balls are needed.

Objective:

To shoot the balls up in the air like a popcorn maker.

Game Rules:

Place the foam balls on the parachute and have the children spread out around the parachute holding onto it with both hands. Start off with small 'baby' waves and then make bigger and faster waves. Attempt to launch the balls up as high as you can by having everyone start by holding the parachute low to the ground and on the count of three raise it as high as they can and then down as hard as they can.

AGE:

4 to 6 years
7 to 9 years
10 to 12 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

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15
kids)

TYPES OF SKILLS PRACTICED:

Rhythm

Lesson 5

Duck Duck Animals

Game Description:

Fun active game to move like different animals!

Objective:

Begin the same way as duck duck goose, have all the children sit in a circle with one person (the instructor) being the individual walking around. Instead of saying duck duck goose, when the time comes to say goose you choose any other animal and the child has to go around the circle and back to their spot acting out that animal.

AGE:

2 to 3 years
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:

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

TYPES OF SKILLS PRACTICED:

Coordination

Lesson 6 Mirror Mirror

Game Description:

Great for balance, coordination and rhythm.

Objective:

To practice balance, coordination and rhythm.

Game Rules:

Have partners stand facing each other, one person is the mover and the other person is the mirror. The mirror must copy everything the mover does. The mover must get creative and think of a variety of movement to be copied. Begin first with one mirror and the rest of the group are movers so the children understand the activity. Some ideas the mirror can do is high knees, planks, squats or even jumping jacks. Yell switch every few minutes to have children change roles with their partners.

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

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:

Balance
Coordination
Rhythm