

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Up Down Stop Go!

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### Game Description:

A tricky game to warm up your body and your brain!

### Objective:

Make sure you do the opposite of what the leader says!

### Game Rules:

Line up the kids together and explain that the game is called UP, DOWN, STOP, GO. You are going to say one of these words and the kids need to do the opposite. Give the children a practice round and say "UP" and instruct children that they should squat down. Then say "DOWN" and tell the children to stand up on their tippy toes and reach their hands up as high as they can. Then say "GO" and explain that they should stop (freeze), and finally say "STOP" and explain that they should run forward. Now that they know the rules, start off the game by saying "GO!" and continue to give other commands every few seconds. After you play for a couple minutes, try out a super fast tricky round!

### AGE:

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

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

### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Gallop  
Hop  
Jump  
Rhythm

## Lesson 2

### Clap and Catch (Pass Clap Catch Goose!!)

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#### Game Description:

A catch game where the participants must clap before they catch the ball.

#### Objective:

To clap before catching a ball when it is thrown to you.

#### Game Rules:

Arrange the children in a large circle around 1 leader in the middle of the circle. The leader will toss the ball to a child, who will have to clap before catching the ball. Once the child catches the ball he or she will then toss it back to the leader. This repeats around the circle, in order.

#### Adaptations (optional):

Instead of tossing a ball the leader can also bounce the ball to improve sport-specific tracking skills.

#### AGE:

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)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders

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

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

#### TYPES OF SKILLS PRACTICED:

Catch  
Coordination  
Throw  
Track

## Lesson 3

### Block Ball in the Middle (Goalie in the Middle)

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#### Game Description:

A fun twist on 'monkey in the middle'. The object of this game is to STAY in the middle. All that is needed is a block, a hoop, and a dodgeball.

#### Objective:

**GOALIE:** To make as many saves by protecting your block, get 10 consecutive saves and you earn a shutout! **THROWERS:** To throw the dodge ball and knock over the goalies block.

#### Game Rules:

A hoop is placed in the middle of a large circle, inside this hoop is a block standing up. The goalie will attempt to protect the block, but may not enter the hoop. The throwers can pass the ball to each other and throw the ball at the block, trying to knock it down. If a thrower successfully knocks down the block, he or she then becomes the goalie. If the goalie makes ten consecutive saves, then he or she earns a shutout and switches places with a thrower. The throwers must stay on the outside of the large circle and cannot move closer to the goalie.

#### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

#### TYPE OF ACTIVITY:

Multi-skill game  
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  
Event staff

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

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

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Catch  
Coordination  
Dodge  
Jump  
Kick  
Strike

## Lesson 4 Mushroom Ball

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### Game Description:

Great dodgeball game with only 1 ball!

### Objective:

Dodge the ball when it's thrown. If you get hit, you turn into a mushroom!

### Game Rules:

In this game standard dodgeball rules apply. If you are hit with a dodgeball, you are turned into a mushroom and must sit down. The only way to get back up and into the game is if the mushrooms get a hold of the ball and either pass it to a fellow mushroom or hit a standing up player. Standing players try to dodge the ball to avoid being turned into a mushroom. If you have the dodgeball in your hand you are not allowed walk/run/move with it.

### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

### TYPE OF ACTIVITY:

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:

Agility  
Balance  
Catch  
Coordination  
Dodge  
Rhythm  
Run  
Throw  
Track

## Lesson 5 Fox and Rabbit

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### Game Description:

A warm-up or cool-down tag game that encourages teamwork. No equipment needed.

### Objective:

For the Fox to get the Rabbit, the Rabbit to stay away from the Fox, and the rest of the group to help the Rabbit to stay clear of the Fox.

### Game Rules:

The leader designates one person to be the Fox and one person to be the Rabbit. Everyone else holds hands to create a circle. The Rabbit starts inside the circle and the Fox starts outside the circle. The Fox tries to tag the Rabbit. The children in the circle move to prevent the Fox from tagging the Rabbit, but they cannot let go of each other's hands. Both the Fox and the Rabbit can move inside and outside of the circle, which can also move. Once the Fox tags the Rabbit, the Rabbit becomes the Fox and someone from the circle becomes the Rabbit. The game is over when everyone has had a chance to be in all 3 roles.

### 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  
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:

One person

### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Dodge  
Run

**Physical Literacy...it's just a hop, skip and a jump to fun!**