

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Banana Peel Warm Up

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### 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.

### Adaptations (optional):

For older groups, tell the children they are ripe for picking and ripe bananas are tough to peel. They must use all their strength to avoid being peeled by the leader.

### 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 Banana Tag

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### **Game Description:**

A tag game, get tagged and you turn into a banana!

### **Objective:**

Tagger: To tag as many people as you can turning them into Bananas. Runners: To avoid being tagged and to help peel those who have been turned into a Banana.

### **Game Rules:**

The tagger will attempt to tag the runners. If tagged the runner will turn into a Banana by holding both arms above their head, hands together (in the shape of a Banana). The Bananas will have to stay still with their arms up until they have been peeled by two runners. Each runner will peel one arm, once peeled the Banana becomes a runner again.

### **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

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

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

### **TYPES OF SKILLS PRACTICED:**

Agility  
Dodge  
Gallop  
Hop  
Run  
Skip

## Lesson 3

### Hoop Elimination

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#### **Game Description:**

A fun co-operative game for cool down.

#### **Objective:**

Develop target throwing skills.

#### **Game Rules:**

Leader sets up the playing area, one side is where hula hoops will be spread out. At the other side, divide children into mini teams of 4-6 children in each. Place bean bags where you want the children to throw from. On go, the first child from each mini team will race to the middle to grab a beanbag and throw it into a hoop, once thrown they race back to their line to send the next child in line. If the beanbag lands in or touches the hoop, that hoop is eliminated. At the end of the round, remove any hoop that has a beanbag in it or touching it. This game works best if you give the group a goal to start, tell them even though they are all on mini teams they are all apart of one big team together. Activity continues until all hoops have been eliminated.

#### **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  
Skill instruction  
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:**

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

#### **TYPES OF SKILLS PRACTICED:**

Throw

## Lesson 4

### Beanbag Slide Tag

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#### **Game Description:**

A great game for all ages and abilities!

#### **Objective:**

Slide the beanbag to try to get other people's feet.

#### **Game Rules:**

Spread out beanbags in the playing area. Have the children try to slide the beanbags at other people's feet. For younger ages, if they are tagged with a bean bag they can put the beanbag on their head until a leader comes and places the beanbag on their hands. For older ages, if they are tagged with a beanbag they must sit down until the person who tagged them is tagged (just like in mission impossible).

#### **AGE:**

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

Balance  
Coordination  
Dodge  
Jump  
Rhythm  
Run  
Throw  
Track

## Lesson 5

### Bean Bag Challenges

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#### **Game Description:**

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

#### **Objective:**

Toss beanbag up in the air and catch it.

#### **Game Rules:**

Give a beanbag to each child and instruct them to perform the following challenges: Throw a beanbag in the air, turn around, and catch it again; Throw the beanbag up and backwards over your head and try to catch it behind your back; Throw the beanbag in the air, clap your hands once, and catch it. Now try clapping your hands twice, then three times, and so on. How high can you go? Throw the beanbag in the air and clap your hands under your right leg before catching it. Now try with your left leg. Now clap behind your back. Invent some more challenges; Throw the beanbag up, jump, and try to catch it. Jump twice. Jump three times! Throw it up, kneel down and try to catch it; Throw and catch with just your right hand, then with just your left; Try throwing it up and catching it with your eyes closed! Balance the beanbag on your right foot, then throw it up and catch it from there. Can you do it with your left foot too? Can you run with a beanbag balanced on your head? Can you jump? Can you twist around? Can you kneel down and stand up again, or sit down? Can you climb the stairs? Can you do any of these things with two beanbags balanced on your head? Or three? Try balancing a beanbag on each shoulder while you walk, run, jump etc; Sing one of your favorite songs or rhymes while you throw the beanbag up and catch it, or pass it round a circle of children; Set up a variety of hoops, containers and targets and have some throwing practice. How far can you throw the beanbag? Does it make a difference if you throw over-arm or underarm?

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

#### **TYPES OF SKILLS PRACTICED:**

Agility  
Balance  
Catch  
Coordination  
Throw  
Track

For more games & activities visit [fitkidshealthykids.ca](http://fitkidshealthykids.ca) **Physical Literacy...it's just a hop, skip and a jump to fun!**