

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Atoms

Game Description:

An active warm-up game that incorporates numeracy.

Objective:

When the leader calls out a number, make a group of that many participants.

Game Rules:

The leader will call out a Fundamental Movement Skill such as hopping. The participants will then hop around until the leader calls out a number. For example, if the leader calls out the number five, then the participants must attempt to get into a group of five. Those who do not get into a group of the correct number will then do ten star jumps.

AGE:

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

TYPE OF ACTIVITY:

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:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Gallop
Hop
Jump
Run
Skip

Lesson 2 Ready Go

Game Description:

Fun and easy game to get children laughing and thinking about their next move!

Objective:

Don't be the person stuck in the middle!

Game Rules:

Place hoops in a circle, alternating the colors. Place one hoop in the middle of the circle. Instruct children to stand in a hoop, there should be one person standing in the middle. . When the person in the middle yells "READY GO", everyone must find a new hoop. The last person to find a hoop has to be the person in the middle for the next round. Tell the children that they do not want to be in the middle. Add levels to the game to switch it up, below are our favorite levels to add. Level 2- Children are not allowed to go to the hoops to their right or left. Level 3- Children are not allowed to go to the hoops of the same color. Level 4- Children must go to hoops of the same color.

Adaptations (optional):

Change the movement skill!

AGE:

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)
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
Coordination
Run

Lesson 3

Star Wars Empire Strikes Back (Hoop Kick)

Game Description:

A Star Wars themed multi skill game

Objective:

To avoid being frozen by the storm troopers like Han Solo in carbonate!

Game Rules:

Have all the children running around, and pick a couple of children to be the storm troopers. The storm troopers are giving a hula hoop, which is their blaster. The storm troopers place the blaster flat on the group, and must kick the hula hoop, trying to tag a child on their feet with the hula hoop. If a child is tagged by a hula hoop they must freeze, and wait for a Jedi to save them with a light sabre. Pick a few children to be the Jedi's and give them a pool noodle which will act as their light sabres. If a child is saved by a Jedi, they are back into the game. Be sure to switch up the roles of the children, to ensure everyone gets a chance to try to be either a storm trooper or a Jedi.

Adaptations (optional):

Switch up the movement, try galloping, skipping.

AGE:

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

TYPE OF ACTIVITY:

Multi-skill game
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
Medium Space (Classroom, Empty Room)

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Jump
Kick
Run
Strike

Lesson 4

Guardians of The Galaxy!

Game Description:

A fun multi-skill game to get kids moving!

Objective:

Try to hit the aliens with the dodgeball before they get all the power sources (beanbags) and take over the universe!

Game Rules:

Have all children start on base line and call them the Aliens. The Aliens try to run across the gym to pick up their power source (bean bag) one at a time. One child will start as a human on the outside of the Milky Way (playing area) and will try to throw dodgeball at the aliens. If an Alien is hit with a dodgeball they turn into a human and join in as a human. Instruct children that the hula hoops placed in the Milky Way are safe portals that they can stay inside for a max of 3 seconds, Aliens cannot be hit if inside a portal. If all the bean bags are collected by the Aliens, the Aliens take over the galaxy and win. If the humans take over, they win!

Adaptations (optional):

Instruct children to do an action like jumping jacks inside the portals.

AGE:

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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders

HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Coordination
Dodge
Jump
Run
Throw
Track

Lesson 5

Rhythm Detective

Game Description:

Fun way to engage all kids in a rhythm activity!

Objective:

Follow the leaders rhythm

Game Rules:

Have one child be the detective and send them out of a room. While the detective is out of the room assign a leader of the rhythm. The leaders job is to come up with a rhythm for all the other children to follow, have the leader try multiple actions. The detective comes back into the room and must guess who the rhythm leader is. Once the leader is guessed assign a new detective and a new leader.

Adaptations (optional):

Try incorporating dance moves, hopping, jumping, marching, etc.

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)
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
Rhythm