

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Birds on a Wire

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### Game Description:

A warm-up game that requires no equipment.

### Objective:

Budgies: To run past the Parrot on the wire and get to the other side of the room. Parrot: To tag the Budgies as they fly past you, but you must stay on your wire.

### Game Rules:

Select someone to be the Parrot. The Parrot will be 'it' and must stay on the centre line. The rest of the children are the Budgies. When given the signal (one two three FLY) the Budgies will attempt to fly past the Parrot to the other side of the room. The Parrot will attempt to tag the Budgies as they fly by but must stay on the line. If a Budgie is tagged he/she becomes a Parrot and joins the other Parrot on the line. Keep going until you have one Budgie left. The last Budgie remaining will start the next round as the Parrot.

### AGE:

4 to 6 years  
7 to 9 years

### TYPE OF ACTIVITY:

Warm up/Cool down

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Field / Park

### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders  
3 - 4 Leaders  
Event staff

### HOW BIG OF A GROUP IS NEEDED:

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

### TYPES OF SKILLS PRACTICED:

Agility  
Coordination  
Dodge  
Run  
Track

## Lesson 2 Cone Flip

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### **Game Description:**

Fun fast paced game that requires only cones!

### **Objective:**

To have as many cones flipped in favour of your team.

### **Game Rules:**

Assign one team to flip all the cones upside down. Assign the other team to flip the cones right side up. Play fast rounds to see which team can flip all the cones their way first!

### **Adaptations (optional):**

Encourage children to use both hands.

### **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)  
Medium Space (Classroom, Empty Room)

### **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

### Lineball Kickball

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#### **Game Description:**

A unique game bringing together baseball and dodgeball.

#### **Objective:**

The goal of this game is to practice a wide range of skills in a unique game.

#### **Game Rules:**

Line ball kickball is a great introduction to running the bases in baseball combined with dodgeball. Line ball kickball is a fun and easy game to play. The children line up to kick the ball at home plate. The pitcher rolls the ball at the group and one child kick, then the entire group begins to run around the bases. They must get all the way home without getting hit with the dodgeball. The pitcher must run and get the dodge ball and try and hit the runners and tries to hit the runners as they circled the bases. Any runners that are hit fields. These fielders must try and hit the runners the next time around the bases. Make sure the change the kicker during the game and that ever one gets a turn

#### **AGE:**

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

#### **TYPE OF ACTIVITY:**

Co-operative / Team Building / Ice Breaker  
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:**

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

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

Dodge  
Jump  
Kick  
Run  
Throw  
Track

## Lesson 4 Ruckus!

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### **Game Description:**

A fast-paced relay game. All you need are about 2 bean bags per participant and four hoops.

### **Objective:**

Get students heart rates elevated. An ongoing game that ends when the time runs out.

### **Game Rules:**

Class is divided into four even teams and line up in a single file behind their hoop. Four hoops are placed equal distance from the central hoop which contains 20-30 bean bags. When the whistle is blown, the first student in each line runs and collects a beanbag from the central hoop. Only once beanbag can be collected at a time. Students continue to run and take beanbags from the central hoop until there no beanbags left. Once the central hoop is empty, students may steal beanbags from other teams. This process continues until the allotted amount of time has run out.

### **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)  
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)  
Large group (16+ kids)

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

Agility  
Coordination  
Dodge  
Gallop  
Hop  
Jump  
Run  
Skip

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## Lesson 5 Bean Bag Body Balance

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### **Game Description:**

Easy and fun balancing activity that only uses bean bags!

### **Objective:**

The goal of the activity is to balance bean bags on various places on the body.

### **Game Rules:**

One bean bag is distributed to each person. The game begins by having all the children balance a bean bag on their head while moving around in the open space. As the children move call out different places to balance the bean bag such as: shoulder, elbow, back, hand and top of the foot. This activity is a great way to practice balance as they move!

### **AGE:**

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:**

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

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

Balance  
Coordination