

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Everyone's It Tag

Game Description:

Who is it? Everyone is it!

Objective:

Tag as many people as you can without getting tagged yourself.

Game Rules:

The object of the game is to tag as many people as you can without getting tagged yourself. If you do get tagged, remember who tagged you and then drop one knee and freeze. When the individual who tagged you gets tagged, you can get up and start tagging again. Players must be honest if you get tagged to stop and take a knee.

Adaptations (optional):

Make the play area smaller to make it more difficult. Make the players skip, hop, act like their favorite animal while tagging and evading.

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

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
Dodge
Run

Lesson 2

Hula Hoop Challenges

Game Description:

An awesome relay game that you probably have never played before, all you need is a hula hoop!

Objective:

To complete the hula hoop challenge relay before the other teams do.

Game Rules:

Divide the group into 2 or more teams of equal numbers. Give the first person in each group a hula hoop. Set up a cone about 30 feet directly in front of each group. Give the children a skill that they must do with the hula hoop to the cone and back, for example have them skip through it. On your signal the first person in each group will skip through the hoop to the cone and back and then hand the hoop to the next person in line. The first team to complete the challenge AND be sitting down quietly wins!

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 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
Coordination
Gallop
Rhythm
Run
Skip

Lesson 3 Hoop Flip

Game Description:

A fun team building game that will get the children's hearts and feet racing!

Objective:

The goal of the game is to land your beanbag in your hula hoop, in order to flip your hoop and reach the finish line before anyone else!

Game Rules:

Split the group up into even teams, about 3-5 children per team. If you have a small group each child can be on their own team by themselves. Have the teams begin at a starting line. Give each team one hula hoop, and one beanbag. When you say go, the first child on each team tosses the beanbag, trying to get it to either touch their hula hoop or land inside of it. If the beanbag bounces out, it does not count. If child is successful in their toss, they run to the hula hoop, and with it touching the ground they flip it over, moving it closer to the designated finish line you have marked off. The child then goes and retrieves the beanbag to give it to the next person on their team. This is a race, be sure to encourage the children to run quickly to retrieve their beanbag for the next person on their team, whether they landed it in the hoop or not! The team who gets their hula hoop all the way to the finish line first, wins!

Adaptations (optional):

Move the line closer if it is taking too long for the children to reach it. Get bigger hoops with younger children, to increase their success.

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
Multi-skill game

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:

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

TYPES OF SKILLS PRACTICED:

Agility
Run
Throw

Lesson 4

Hula Hoop Team Building Activity

Game Description:

A team building relay race and all you need is a hula hoop for each participant plus one extra.

Objective:

To make your way to the finish line before the other team.

Game Rules:

Divide the group into two team and have them line up single-file in two parallel lines. The first person in each line will have all the hoops in her hands. Each team will have one more hoop than player, for example if your team has 8 members you will have 9 hoops. When the game starts the first person in line will lay out a hoop, jump in it and then lay out another hoop and jump in it. She will repeat this until all the hoops are on the ground and she is in the very last hoop thrown down. As the leader jumps into each hoop the team will follow behind her and jump into the hoops as well. Once the last person jumps into a hoop there will be one hoop left behind (remember there is one more hoop than there is team members). The last person will then reach back and grab that hoop and pass it along the line until it reaches the leader. The leader will then toss the hoop in front of her on the ground and move into it, with her teammates following suite and jumping into the empty hoop in front of the. This process is repeated until one team crosses the finish line.

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

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Hop
Jump

Lesson 5

Fruit Basket Upset

Game Description:

A new twist on the old classic 'Musical Chairs'

Objective:

Try to avoid being the last person to find a spot when your fruit is called out. If you do, you will become the "caller" for the next round.

Game Rules:

This game is similar to musical chairs. To start, everyone stands in a circle with one person in the middle. Each person gets to choose to be one of 3 fruits (the 3 fruits are collectively chosen by the group). The person in the middle calls out one of these 3 fruits. The people who have identified as that fruit have to move to a different spot in the circle that has just opened up (including the person in the middle who called out the fruit). The last person to find a spot becomes the caller and calls a new fruit next round.

Adaptations (optional):

Using small hoops is a great way to mark the spots around the circle. Any other type of colour-coded marker will work as well.

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)
Small Space (Hall, Furnished 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
Run

Lesson 6

Space Ship Cool Down

Game Description:

Fly a space ship in this silly cool down activity.

Objective:

Launch the spaceship while cooling down.

Game Rules:

Give each child a hoop, tell them all to stand inside of it. Tell the children that they are astronauts and they are going to launch their spaceship (hoop). Start by warming up the space ship by moving your feet really fast inside the hoop. Then pick the hoop off the ground moving it up and down really close to the floor and start counting down for take off from 10 seconds. At 1 call out "BLAST OFF" and jump up as high as you can with the spaceship (hoop). Fly around holding onto your space ship focusing on self space.

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)

Field / Park

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

Jump

Rhythm

Run