



Fundamental Movement Skills Lesson Plan 5:

## Games Day

**LEVEL:** Active Start 3 - 6 years old

**DURATION:** 50 - 60 minutes

**CATEGORY:** All

**EQUIPMENT:** beanbags, balloons (1 for every 2 - 3 children), pinnies, hula hoops.

### Quick Start/Warm-Up 5 minutes

#### Activity 1: Pass the Treasure

Children spread out in the activity space, each with a treasure (beanbag) in their hand. On the signal, children travel around the activity space using any type of locomotion – run, skip, hop, jump etc. On the next signal, children must drop their treasure to the floor, plant their foot next to it and kick in the direction of somebody else. When all participants have retrieved a new treasure, they begin to travel again.

#### CUES

- Heads up when running

### Games 45 minutes

#### Activity 2: Balloon Bump

Make groups of 2-3 children. Each group has a balloon.

1. Allow children a few minutes to play with the balloon as a group (i.e. keep it up) as they will be excited to use the balloons.
2. Balloon Bump Challenge: All groups start on one end line with their balloon. Groups must move the balloon to the opposite endline without anyone holding onto the balloon, and without the balloon touching the ground. Participants may not touch the balloon multiple times in a row. After one contact, someone else in the group must contact the balloon.

#### CUES

- One contact in a row
- Use different body parts

### Activity 3: Aliens & UFOs

Divide the children into two teams. Each of the Aliens hold onto a coloured pinnie or scarf, and each of the UFOs hold onto a hula hoop around their mid-section. After a few rounds, have the Aliens and UFO's switch roles: Aliens become UFOs and UFOs become Aliens.

- Scatter various small foam ball and/or beanbag "meteorites" around the activity space.
- Aliens start on one side of the activity space while UFOs start on the other.
- Both teams must collect as many meteorites as possible in a designated time and return them to their start area.
- After the time is up, teams count the total meteorites in their start area to see who has the most.
- Both teams attempt to collect at the same time.
- There is no contact between UFO's and Aliens.
- Only one meteorite can be picked up at a time and brought back to the start area for each team.

#### CUES

- Heads up when running
- One object at a time

### Activity 4: Witches Stew

This game is enhanced with some acting on the part of the activity leader. Divide children into four groups and send each group to different corners of the activity space. Name each group a stew ingredient (e.g. potatoes, carrots, etc.). The instructor stands in the center of the activity, and in their best witch voice, they call one ingredient at a time to be added to their stew. When called, each group runs into the center and jogs in a circle around the instructor (emphasize everyone running in the same direction). Once all groups have been called, begin stirring faster and say, "It's getting hotter". This is a cue for children to increase their speed. When the leader says, "It's boiling", the children stop running and start hopping up and down. When the leader yells, "DINNER IS READY!", the children must run back to their corner while the leader chases. Any children caught become a chef in the middle with the leader for one round.

#### CUES

- Everyone run in the same direction
- head up
- big hops when boiling

This lesson plan was prepared in collaboration with ACCSports.ca

ADDITIONAL SOURCES: PHE Canada. Fundamental Movement Skills: The building block for the development of physical literacy. Active Start and FUNDamental stages, 2008.

Graham, Holt/Hale & Parker. Children Moving: A Reflective Approach to Teaching Physical Education. 5th Ed. Mayfield Publishing Company, 2001.

Be Fit for Life - Moving Alberta. Move & Play Through Physical Literacy. Card Ring.