

Book 1  
For 5 - 8 yr olds

# Life Fit

**Activities to foster an  
active lifestyle.**



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### Outcome:

Children go through a number of simple activities and develop their skill and fitness levels.

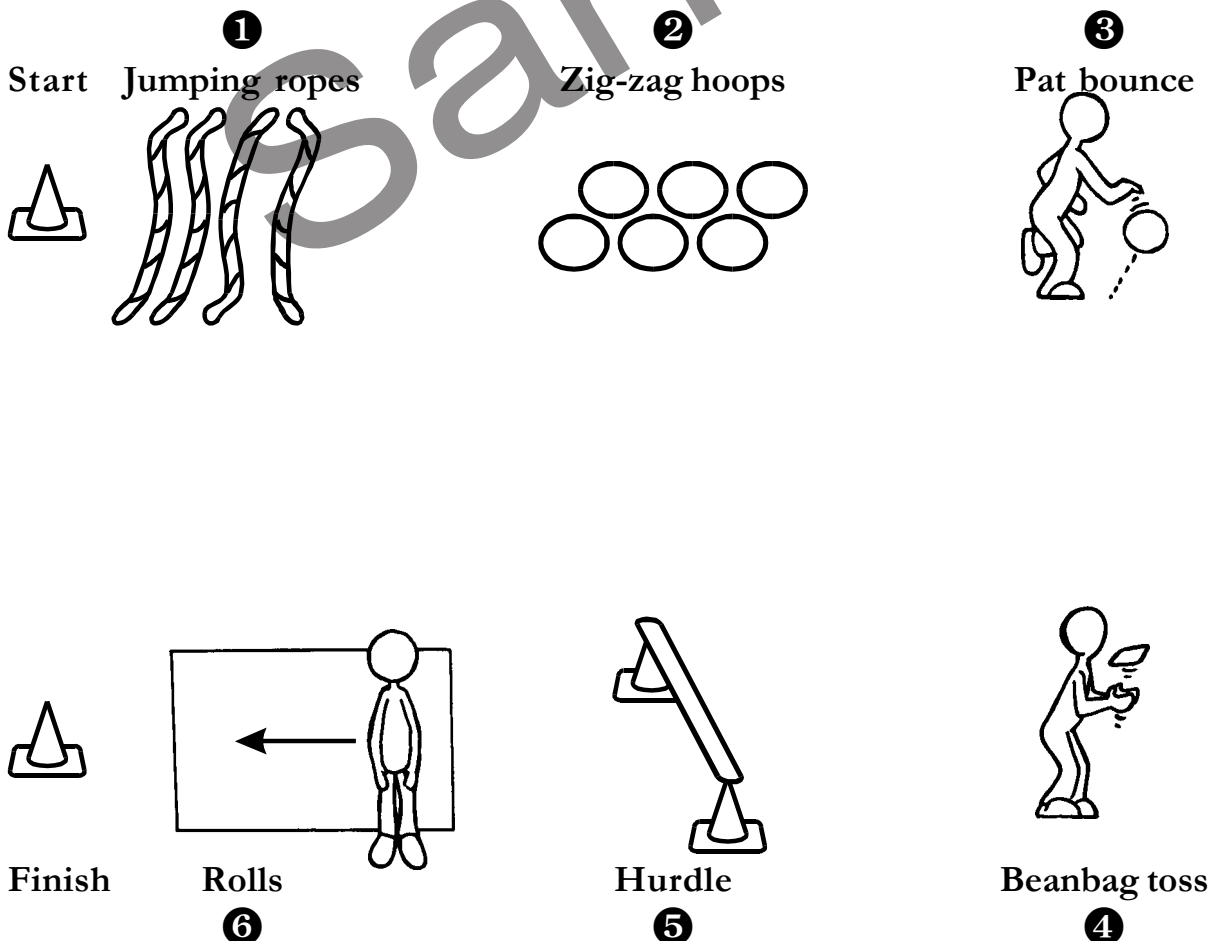
### Equipment:

4 witches hats, 1 stick, 6 hoops, 4 skipping ropes, 2 small rubber balls, 2 beanbags, 1 mat.

### Activity:

This is a simple 6-station course where children follow each other through at 3-5 second intervals and, when finished, complete the course in reverse.

Station ① Skipping ropes are set out about 30 cm apart in ‘wiggles’, students jump over each rope. Station ② Run through the zig-zag hoops, 1 foot in each hoop. Station ③ Pat bounce the ball 5 times. Station ④ Toss the beanbag in the air and catch 5 times. Station ⑤ The stick rests on two hats for the children to hurdle. Station ⑥ Roll across the mat.



## Outcome:

Children enjoy making the obstacles in an obstacle course as well as going through the course.

## Equipment:

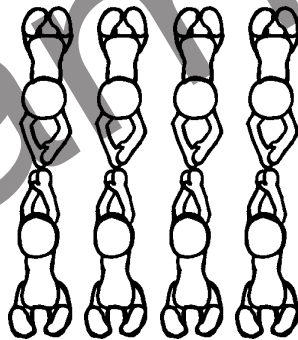
8 - 10 skipping ropes.

## Activity:

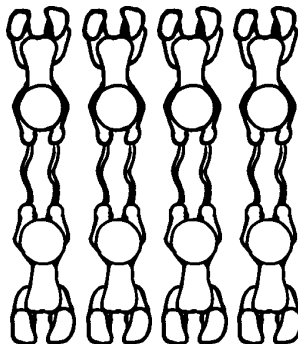
Children are put into 5 groups. Groups 2, 3, 4 and 5 will make 4 different obstacles for group 1 to go through, then group 2 has a turn and so on, so that 4 groups always make the obstacles. After each group goes through the course they can turn around and go back again.

Obstacle ① Children kneel down in pairs facing each other and open and close their arms to make 'snapping crocs'. Obstacle ② In pairs use ropes to make 'wiggling snakes'. Obstacle ③ In pairs make arches for others to run under. Obstacle ④ Kneel down and crouch to make a leap-frog line.

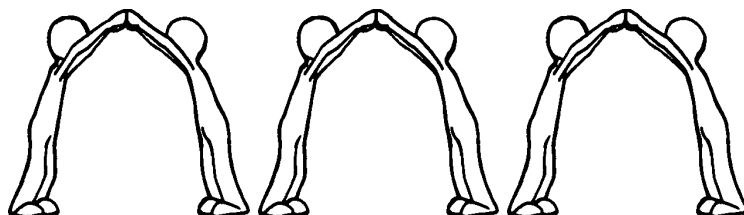
Group ① Obstacle ①



Obstacle ②



Obstacle ③



Obstacle ④



Groups 2 - 5 make the course for Group ① to go through then change for group ② etc.

**Outcome:**

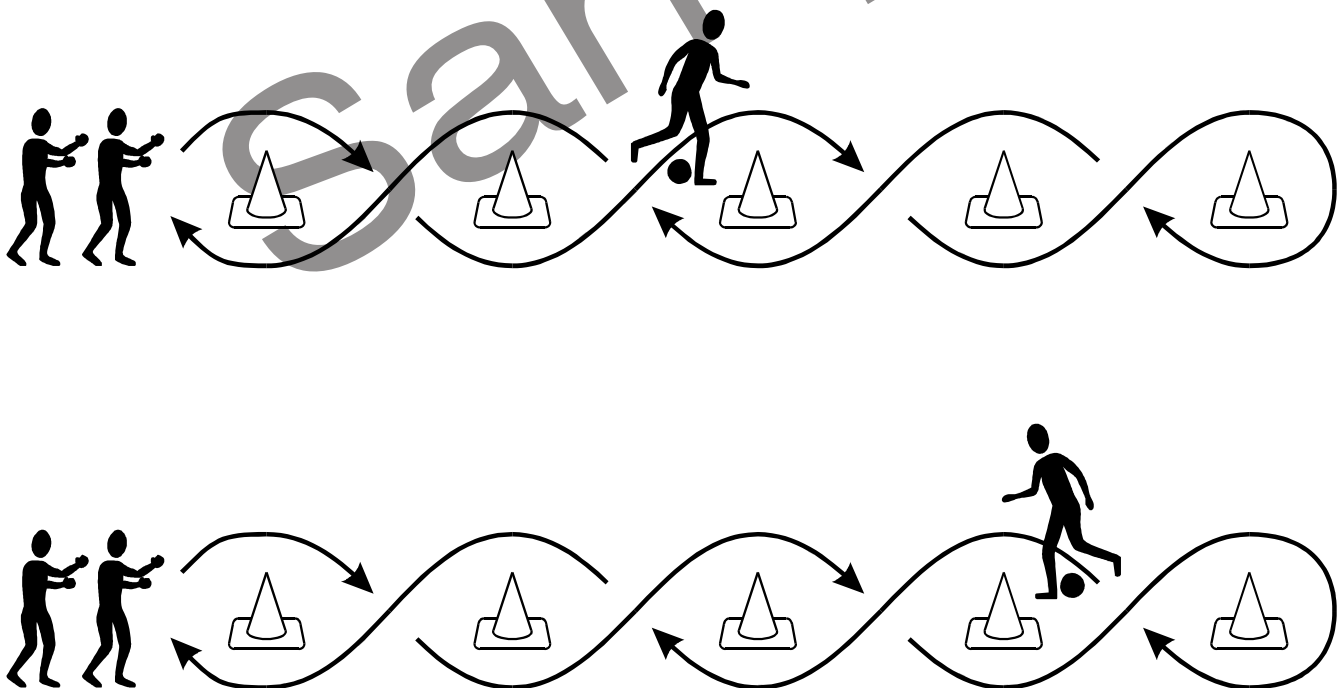
Children develop foot-eye coordination.

**Equipment:**

5 witches hats and 1 ball per team.

**Activity:**

In teams of 6 the children line up behind the witches hats and take it in turns to dribble the ball with their feet in and out of the hats up and down the line. Increase difficulty by making the children alternate left and right feet, use the left foot only, use the right foot only or use the outside of the foot only.



**Outcome:**

Children perform fundamental movement skills using equipment provided.

**Equipment:**

6 hoops and 2 witches hats per team.

**Activity:**

In teams of six the children line up behind one of the witches hats, which has the 6 hoops placed over it. The other witches hat is placed 20 metres away.

On “go” the first child in each team picks up a hoop, runs and places it on the other hat then runs back to tag the second child, who takes a hoop out, and so on until all the hoops are on the other hat.

The relay can be extended by then having each team return the hoops one at a time to the first hat.

