

Eagle and Sparrow

Equipment: None

How to Play: One player is placed in the middle of the other players who have formed a circle around him/her. The players in the circle jog or skip around the center player approximately 4-5 feet away. The player in the middle, the eagle, squats down and at any time jumps up and tries to catch one of the other players, the sparrows, before they can reach the end line. As the sparrows are caught they join the eagle in the middle and become an eagle. The game continues until all but one is caught. The last one caught starts the next game by being the eagle.

This activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.