

Egg Game

Equipment:

Baskets
Colored Eggs
Colored paper or index cards
Dixie Cups

Children are divided into teams. The number of teams will depend on the number of colored baskets. Baskets colors should match egg colors or strips of paper (colored index cards work well) of the same colors.

In each egg there is a strip of paper with a physical activity (squats, hops, sit-ups), 1 task per egg. The strips of paper can be hidden in colored eggs and the eggs hidden under Dixie cups placed randomly across the gym floor. Or the colored pieces of paper are placed under randomly placed cups. One person from each team runs out and picks up a cup. If the egg or piece of paper, do not match the team basket color, that person returns to the line empty handed. If the egg or paper matches the team color the person returns to the line with the paper and the entire team completes the task together. This goes on until all the eggs or papers are retrieved. The team with the most eggs rules.

The children love this game, be sure you have enough time it can be very long, setting the cups out before the kids arrive makes it go very smooth.

This activity is from the YMCA's of North Carolina

