

SWAT THE FLY

When you want preschoolers to run excitedly, try **Swat the Fly**. It takes just moments to learn the rules and boundaries. Then children charge around the play area, laughing and shouting, as they enjoy this activity! While some children drag 'flies,' made from plastic Frisbees and nylon cord, others chase them, trying to 'swat' the 'flies' with foam pool noodles.

GOALS FOR CHILDREN • Develop cardiovascular endurance • Practice striking



EQUIPMENT

- Foam pool noodles, cut in half to make two swatters
- Frisbees or vinyl plastic plates
- Nylon cord for pulling each Frisbee

Equipment Tip: Drill a hole through a Frisbee or plate rim. Insert a four foot length of cord, and knot it under the rim. Make two copies of the 'fly,' for each Frisbee. Tape the image of the fly to each side of the Frisbee with clear packaging tape.

NOTE:

- Have drinking water on hand and watch children closely during this activity, especially during hot and humid weather!

Reprinted with permission from Craft, D.H. & Smith, C.L. (2008, 2010).
Active Play! Fun Physical Activities for Young Children.
Available from drcraft@activeplaybooks.com

INSTRUCTIONS

Explain to the children that some of them will drag flies, while others chase the flies, trying to swat them with foam bats. Demonstrate dragging, swatting and moving safely within the playing area. Have all children move in the same direction to avoid collisions. Explain that children may change from dragging to swatting whenever they wish.

Give some children 'flies' to drag, and the rest foam pool noodle 'swatters,' then start the activity. If anyone objects to swatting flies, put pictures of drums on the disks instead, and have children chase the drums with their foam Pool Noodle drumsticks.

Easier: Help younger children with their movement and swatting if needed. Children who are slow runners are likely to chase flies that are dragged more slowly. Children who are fast runners are likely to chase the fast flies.

Children who use wheelchairs or mobile prone standers can swat the flies that others drag past them.

Variety: For an indoor variation, make 'flies' from balloons inside netting or pantyhose. Suspend the 'flies' from an overhead structure, leaving space for swatters to swing safely. All children become swatters to practice striking.

