

## **Bushido**

### **Instruction:**

The host acts as a warrior. He/she waves a paper “sword” at kids who line up straight. The kids need to dodge in response to the direction of the paper sword, for example, by moving to the left/right side, jumping up or kneeling down etc.

### **Health Promotion Objectives:**

- To promote the growth of muscles and bones.
- To promote creativity and imagination through physical games.

### **Variations of the Game:**

- (1) The host of the game can pretend to be an electric fan. As the electric fan “blows” from various directions, the children need to respond accordingly.  
OR
- (2) To heighten the children’s involvement, the host can invite the children to suggest the characters they want to play.

### **Safety Remarks:**

To prevent injury, the paper “sword” should not be too hard.



**(Photo taken at Po Leung Kuk Kam Hing Kindergarten)**