Background

What are SCOPE and Live 5-2-1-0?

SCOPE is an initiative of BC Children’s Hospital that partners with communities across BC and uses Live 5-2-1-0 to promote healthy behaviours among children.

Live 5-2-1-0 is an evidence-based message promoting four simple guidelines for raising healthy children. Through the Live 5-2-1-0 message, SCOPE supports communities as they take action across all sectors to build healthy environments for children.

To learn more about Live 5-2-1-0, and see examples of how BC communities are sharing and supporting this message, visit our website (live5210.ca). We also have over 30 other ready-made Live 5-2-1-0 tools and resources that you can download, adapt, and use for free!

Acknowledgements

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Minnows and Sharks

AGES:
6 to 9 years old

OBJECTIVE:
To keep the soccer ball away from the sharks

INSTRUCTIONS:
• Determine the playing area/field and setup cones or pylons for the boundaries at the corners
• Designate some participants to be minnows and some to be sharks
• Give the minnows the soccer ball(s) at the end of the field on the line
• The sharks will position themselves half way down the field and yell “go”
• The minnows then leave the end zone and try to dribble the ball to the other side of the field/gym, if they lose their balls they become a shark

COACHING CUES FOR PARENTS:
• Kicking – bend knee / pull your hip and knee back as far as possible when kicking / follow-through in the direction you want the ball to go
• Running – pump your arms forward and back / run with bigger steps

MATERIALS REQUIRED:
Cones or pylons, soccer or playground balls

VARIATIONS:
Have the minnows work in pairs, they have to pass the soccer ball back and forth to their partner to keep it away from the sharks.