

# == TAG GAMES ==



**20 MINS  
OF PLAY =  
1 MILE**

# GO FOR THE GOLD

## OBJECTIVE

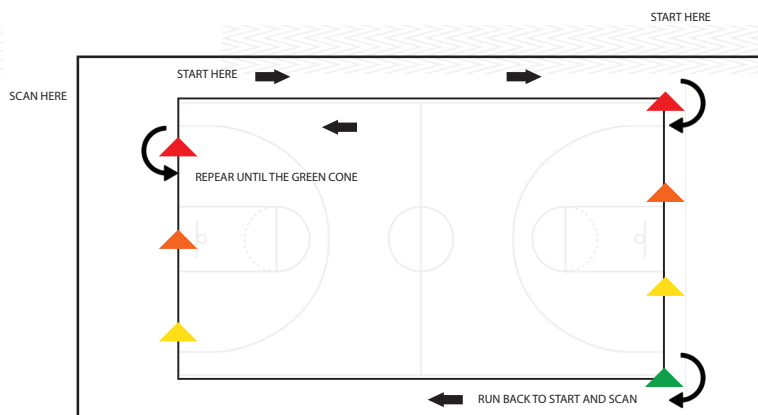
Try to be the first one to grab the object without being tagged.

## INSTRUCTIONS

1. Participants will find a partner. Have them stand across from each other on their own boundary line.
2. Place an object halfway in between each set of partners.
3. Partners will start the game by both holding out one arm with a closed fist.
4. Partners will take turns starting the game. One partner will open their fist to signal GO.
5. The instructor will need to identify which partner will start the game first.
6. Once an open fist is shown, both race towards the object. First one to grab it, turns and attempts to make it back to their boundary line.
7. Partners set it back up and signal GO to play again.

## HELPFUL TIPS

- Change up the locomotor movement like side shuffle, skip, speed walk, jog.
- Change up partners.



## MATERIALS

Boundary lines and an object

# SNEAK UP TAG

## OBJECTIVE

Participants will practice the element of surprise, reaction time, endurance, and tagging.

## INSTRUCTIONS

At minimum you need groups of three participants. Each group lines up behind a cone/dome.

One person goes across the playing area to stand facing the opposite direction of their team.

The first person in line sneaks up behind the teammate facing the opposite direction. Their job is to tap the person then turn and run straight back with a goal of making before being tagged.

Rotation: Person who snuck up is next to stand facing away from the team, the person who just chased goes to the end of the line, and the next person sneaks up.

## MATERIALS

Boundary lines and cones/domes

# FREEZE TAG

## OBJECTIVE

Participants will practice dodging, fleeing, and strategy skills.

## INSTRUCTIONS

Great for any age group.

Freeze tag is just like regular tag, except when a student is tagged, they must freeze with their feet planted widely apart.

They can be unfrozen only when another student crawls through their legs.

## HELPFUL TIPS

Teachers can support group cooperation by encouraging students to unfreeze as many of their classmates as possible, and even award points to students who do the unfreezing.

## MATERIALS

SPACE TO PLAY  
Optional: pool noodle for tagging

# BLOB TAG

## OBJECTIVE

To be the last player not attached to the Blob.

## INSTRUCTIONS

1. One player starts as "it" and runs around trying to tag the other players.
2. If a player gets tagged, they must join hands or hook elbows with the person who tagged them - they have now started to form the Blob, and they are both "it."
3. The Blob must stay connected and keep trying to tag other players, who then also become part of the Blob.
4. The Blob will keep growing and working together until all of the players have been tagged.
5. The last player to be tagged wins.

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## MATERIALS

NONE

# SNEAK ATTACK

## OBJECTIVE

This activity builds teamwork skills along with agility—and, of course, it gives everyone a fit of the giggles.

## INSTRUCTIONS

Two or more players hold hands, facing one another, while one player outside the circle darts around, trying to grab a scarf (or other item) that is tucked into one of the circle players' back pockets.

The players forming the circle together try not to drop hands as they twist and pivot together in their circle space, turning the scarf-bearer away in order to protect the precious item.

When the scarf gets pulled the person who was wearing the scarf becomes the chaser, or the scarf gets passed to someone who hasn't worn it.

## HELPFUL TIPS

The circle of players must stay in their space.

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## MATERIALS

One scarf per group

# NINJA TURTLE TAG

## OBJECTIVE

Participants will practice dodging, fleeing, strategizing as well as coordination and endurance to complete the fitness moves.

## INSTRUCTIONS

Set out four cones of different colors in four corners of the room or outdoor space. Give pool noodles, cut in half and in colors matching the cones, to four taggers.

To begin the game, kids yell "Turtle power!" and start running. When a player is tagged, they must head to the matching-color cone as the noodle who tagged them.

Tagged participants perform 5 repetitions of the exercises assigned to that color or that round of the game such as red -jumping-jacks, blue- arm circles, yellow - ski jumps and green - frog jumps .

After they finish their reps, they can return to the game.

When time is called, four new taggers are selected, change the excersises. The kids yell out "Turtle power!" to play again.

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## MATERIALS

Four different colored cones and pool noodles that match the cones.

# FLIP CONE

## OBJECTIVE

The player with the highest score wins.

## INSTRUCTIONS

1. Participants will find a partner. Have them stand across from each other on their own boundary line.
2. Place a cone halfway in between each set of partners.
3. Partners will start the game by both holding out one arm with a closed fist.
4. Partners will take turns starting the game. One partner will open their first to signal GO.
5. Each time they meet in the middle each partner gets two turns to flip the cone in an attempt to get it to land upright earning one point.
6. After each partner has taken two turns they both return to their own boundary line to then alternate who starts the next round.
7. Play until time is called.

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## MATERIALS

Cones