



ACTIVITY SAMPLE:

TAG GAMES

Activity name

Everyone's Tagged, Tag Time, Taggers and Freers

Activity overview

Structured open gym

Division

Elementary or secondary

Facilities

Gymnasium, outdoor, field, or multipurpose room

Equipment

Hula hoops, pinnies, 2-3 soft objects (e.g., pool noodles, foam balls, plush toys)

Safety

Refer to the information on [Supervision and Safety](#) in the About Intramural section for support in establishing supervision ratios and rules of play for this activity.

Activity instructions:

Tag games are examples of how intramurals can be done in a shorter time frame (e.g., 15 minutes during a nutrition break).

- Everyone's Tagged:
 - Divide participants into two groups.
 - Divide the playing area in two areas and assign each group to one side.
 - Participants stand in their playing area a safe distance apart from each other.
 - At the leader's signal, participants move around the space trying to tag others while avoiding being tagged.
 - If a participant is tagged, they change to the other activity area and the game continues.
- Tag Time
 - Participants stand in the play area a safe distance apart from each other.
 - Assign two participants the role of tagger and give each one a pinnie, or for elementary students consider a pool noodle as a tagging implement, which identifies them as a tagger.
 - At the leader's signal, participants move around the space trying to avoid being tagged.
 - When tagged, participants hold a frozen position.
 - To be freed, a participant who isn't a tagger chooses an activity (e.g., jumping jacks, squats, high knees) that both frozen participants complete 5 times. Both participants then rejoin the game.
- Taggers and Freers
 - Participants stand in the playing area a safe distance apart from each other.



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- Assign two participants the role of tagger and give each one the same colour of pinnie, or for elementary students consider using a pool noodle as a tagging implement that also identifies them as the taggers.
- Assign two participants the role of Freer and give each a soft ball, pool noodle, or plush toy.
- At the leader's signal, participants move around the space trying to avoid being tagged.
- Freers cannot be tagged by taggers.
- When tagged, participants hold a frozen position and wait for a Freer to free them by tossing their object to them. The one who was frozen now becomes the new Freer.

Modifications and variations:

- For Everyone's Tagged, change the playing area to be all one space, and each time a participant is tagged have them complete an activity before trying to tag another participant.
- For Tag Time, add more taggers to the game or post a list of age- and skill-level-appropriate activities that Freers and those frozen must complete, and increase the number of repetitions (e.g., 10 burpees or jump squats; skaters for older students).
- For Taggers and Freers, use the pool noodles only. Keep the same participants as Freers who touch participants with the pool noodle to free them. Use hula hoops as designated safe zones, but place a time limit on how long a participant can stay in a safe zone or the number of participants allowed in the safe zone at one time.
- Have those who have been tagged moved to a designated space (e.g., the end wall or in hula hoops placed in the corners of the gym) to complete the activity to become free.

Notes to supervisor:

- Tag games are great intramural activities that can be run inside or outside in as little as 15 minutes and can accommodate a large number of participants.
- For more game and activity ideas consider using some of the Ophea resources: [50 Fitness Activity Cards](#), [BrainBlitz](#), [One a Day for Active Play](#), [PlaySport](#), and [Yoga Alphabet Cards](#). Also visit [CIRA Ontario](#) for more great games.
- For various ways to modify for the age and skill of participants or to maximize inclusion please see [Step 3: Develop and Implement Your Action Plan](#).

NOTE: *Everyone's Tagged* and *Tag Time* are included in Ophea's *One a Day for Active Play*. Ophea. (2018). *One a Day for Active Play*. Available at: <https://teachingtools.ophea.net/activities/one-day-active-play>