

Tag and Run

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Working in pairs, one team attempts to tag another team before their members cross into their safe zone.

Why Do It?

Older students and younger students work together in pairs to play a small-group game of tag promoting fun and fitness for all!

How Do We Do It?

Each older student is buddies with a younger student. Divide students into two equal teams ensuring buddies are together on the same team. One team is called Taggers and the other team is called Runners.

Students line up back to back along the centre line of the activity area (gym, outdoors) and take four steps away from the other team.

Each team has a safety zone at their end of the activity area. Consider marking the safety zone with pylons.

The leader calls out “Taggers” or “Runners” and the called team turns around trying to chase the other team, tagging them before reaching their safe zone.

If a player is tagged they join the other team.

The game continues until all of the players are either Taggers or Runners.

What Else Do We Need?

Pylons to mark safety zone

How Do We Get Creative?

Increase or decrease the distances teams have to run to their safety zone.

Increase or decrease the starting distance between the two teams.

Consider following up the game with a healthy snack and some water.