

Fitness Team Tornado

Activity

Resource: Ideas for Action

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

What Is it All About?

One team attempts to tag members of another team before they cross into their safe zone. If one partner is tagged, both buddies work together as taggers to catch others.

Why Do It?

Playing a large group game of tag is fun for all and working with a fitness buddy makes it even better!

How Do We Do It?

Students start in a circle with one student and their fitness buddy in the middle.

Everyone performs an on-the-spot physical activity at the same time while chanting “TORNADO!” Example activities are jumping jacks, lunges, bicep curls, mountain climbers, high knees, and squats.

When the taggers in the middle call out “TORNADO ALERT!” everyone must scatter as the taggers try to tag others.

If tagged, students must join the tagger(s). When a student is tagged, both that person and their buddy become taggers.

On three claps by the leader, everyone must return to reform the circle, with taggers in the middle.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

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 an alternative in which both buddies must be tagged for a pair of students to become taggers in the middle.

Adapted from: Ever Active Schools. (2000). Daily Physical Activity For the Classroom Teacher. Retrieved from <http://www.everactive.org/uploads/files/Documents/SCA/DPA%20For%20the%20Substitute%20Teacher.pdf>