

Hares and Chasers Fitness Buddy Tag

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.

Why Do It?

Fitness buddies play a large-group game of tag while building social skills and having fun!

How Do We Do It?

Student leaders scatter several hula hoops around the activity area and tell students these are "rabbit holes."

Fitness buddies work together and decide who is the "rabbit" and who is the chaser.

Throughout the game "rabbits" can enter the "rabbit holes" for up to three seconds to avoid being tagged. The chasers cannot enter the "rabbit holes" or tag "rabbits" while they are in them.

When tagged, the fitness buddies reverse roles.

What Else Do We Need?

8–10 hula hoops

How Do We Get Creative?

Increase or decrease the number of hoops.

Increase or decrease the number of "rabbits" allowed in a "rabbit hole" at a time.

Increase the length of time younger students can spend in a "rabbit hole."

Following the activity, fitness buddies work together to develop and create a smoothie unique to them. Have pairs take turns making their smoothies for the large group.

Adapted from: CIRA. (2001). You're "It"! Tag, Tag . . . and More Tag. Toronto: CIRA