

"Frozen" Tag

Activity

Resource:

Beyond the Walls: Activities for the Outdoors

Grade(s): 456

Division(s): Junior

Setting: DPA

Season: Winter

Activity Goal

Participants engage in moderate to vigorous physical activity in a winter environment to enhance their fitness and overall health and wellness. Participants reflect on ways to be active in winter and engage others in activity to build a habit of engaging in outdoor activity throughout the year.

For participant safety, please review the contents of the <u>Beyond the Walls: Safety Considerations</u> page for information on Safety Standards, Winter Safety Considerations, and Outdoor Playing Areas and Surfaces.

Equipment

Pylons

Before Play

Review the safety rules and activity instructions with participants before starting. Remind students that
for tag games, a tag is a touch on the back or arms, not a punch, push, slap, or grab.

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- Establish the boundaries for the designated play area and share them with participants.
- The objective of this activity is to assist other participants who have been tagged and are "frozen" by mirroring their frozen shape for five seconds to free them.
- Participants will play Frozen tag. When they are tagged, they freeze, taking on the form of a person in the midst of completing a skill or participating in an activity (e.g., a downhill skier/snowboarder, skater, football player, soccer kicker, swimmer, dancer, a yoga move, a squat or lunge).
- Have participants practise freezing in their fun, active poses before starting.

During Play

- Choose one participant to be "it." Have the other participants spread out within the playing area.
- When the "it" participant tags a participant, they must "freeze," assuming their fun active pose.
 Participants are "thawed" when another player mirrors their pose for a count of five.
- Participants attempting to unfreeze another participant cannot be tagged while mirroring the pose.
- After a designated amount of time, choose a new participant to be "it."

After Play

Use the following prompts for participants to reflect on ways to be active in winter and engage others in activity to build a habit of engaging in outdoor activity throughout the year.

Question prompts:

- How is participating in this type of daily physical activity outside different from completing the same activity inside?
- How does physical activity outside in the cold make you feel?
- What did you enjoy most about this activity? How can you encourage others to join you in this activity to help them stay active outdoors in winter?
- What other fun activities can you do to enjoy daily physical activity outside in winter?

Adaptations

Consider these tips to maximize the challenge and the fun for participants.

- Add more "it" participants to the game.
- Have participants guess the activity of the frozen pose to thaw other participants.
- Have participants create a pose that connects them to the frozen person (e.g., mimicking going up a chairlift, another yoga pose, playing a goalkeeper defending against a kick).

Modifications

Consider these tips to maximize inclusion and fun for all participants.

- For participants with physical disabilities with challenges in combining more than one movement skill and concept, designate them as a tagger and provide an implement, such as a pool noodle, to help tag.
- For participants who depend on accessible playing surfaces, play the game on a smooth surface, free
 of obstacles. Consider ways to slow down the movement so that all participants can be successful and
 engaged.