

# Tagalore - Three Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Junior Intermediate

**Location:** gymnasium, large activity space, tarmac, outdoor field

## What's It All About?

Tagalore is designed for maximum and meaningful participation and inclusion for all. These versions of Tagalore require little equipment and are quick to set up. They may be played in various locations in small and large group play. Each version of the activity is designed so that everyone feels valued and encouraged to participate to the best of their abilities.

## Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of their own.

## Safety

- Visually inspect the equipment and playing area to identify and remove hazards. Check that the playing surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## Version 1: Tagalore All (large group play)

### Equipment

- 1 pool noodle (quartered) per participant
- 5 small flat pylons or rubber floor markers

### How to Play

- Divide participants into 2 equal groups.
- Participants divide the playing area into 2 playing areas, marking the centre line with small flat pylons/rubber floor markers. Assign each group to 1 of the playing areas.
- All participants get 1 pool noodle.
- The intramural leader calls, "Tagalore!" to start play.
- Participants move around their playing area trying to tag others while avoiding being tagged. Remind participants that a tag is a gentle touch and not a hard hit and contact must be made below the shoulders.
- A participant who is tagged moves to the other playing area and continues play.
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

## Variations

- Increase or decrease the size of the playing areas.
- Have participants move around the playing area using different locomotive skills (e.g., two-foot hop, one-foot hop, skipping, lunging, speed walking, rolling, sliding, wheeling).
- Participants play in 1 playing area and when tagged, complete an activity before returning to the game (e.g., 10 jumping jacks, 10 squats, 10 heel raises, 10 reaches to the sky). Use Ophea's [50 Fitness Activity GIFs](#) for movement ideas.

## Version 2: Tagalore Freeze (small group play)

### Equipment

- 1 pool noodle per group
- 2 soft objects per group (e.g., foam balls, plush toys, tactile balls)
- 4 pylons or rubber floor markers per group

### How to Play

- Divide participants into small groups of 5 – 10.
- Participants decide on a playing area suitable for play allowing for ample space between groups. The playing area can be marked with pylons/rubber floor markers to designate the boundaries.
- One participant from each group volunteers to be “It” and selects a pool noodle for use to tag group members.
- Two participants from each group volunteer for the role of “freer” and each selects a soft object of choice. Freers cannot be tagged.
- The participant playing “It” calls, “Tagalore!” to start the game.
- Participants move around the space trying to avoid getting tagged. Remind participants that a tag is a gentle touch and not a hard hit and contact must be made below the shoulders.
- When tagged, participants hold a frozen position and wait for a freer to send them an object (e.g., throw, roll, kick while the object maintains contact with the ground). The participant who was frozen

now becomes the new freer. The prior freer becomes one of the participants who is trying to avoid being tagged.

- Participants are encouraged to change roles frequently throughout the game.
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

## Variations

- Increase or decrease the size of the playing area.
- Increase the number of participants playing “It”.
- Increase the number of freers.
- Add an activity that both the frozen and freers complete before switching roles (e.g., 10 toe lifts, 10 push-ups, 10 high knees, 10 reaches to the sky). Use Ophea’s [50 Fitness Activity GIFs](#) for movement ideas.

## Version 3: Tagalore Snake (individual play in small groups, cooperative play)

### Equipment

- 1 pool noodle per group
- 3 – 4 pylons or rubber floor markers per group
- Soft object to send (e.g., foam ball, plush toy, tactile ball)

### How to Play

- Divide participants into small groups of 5 – 10.
- Groups decide on a playing area suitable for play allowing for ample space between groups. The playing area can be marked with pylons/rubber floor markers to designate the boundaries.
- Group members spread out in a scattered line in the shape of a snake.

- One participant from the group volunteers to be the “tagger” and go first. They select a pool noodle and line up at the start/head of the snake.
- One participant from the group volunteers to be the “sender”. They select a soft object of choice and line up at the end/tail of the group snake.
- The tagger calls, “Tagalore!” and begins moving through the group snake.
- The tagger weaves around every group member, tagging each one. Remind participants that a tag is a gentle touch and not a hard hit and contact must be made below the shoulders. Upon completion of moving through the entire line and tagging every group member, the tagger receives a pass of the soft object from the sender who is stationed at the end of the course.
- After receiving the soft object, the tagger completes a stationary movement activity of choice 10 times (e.g., jumping jacks, squats, lunges, heel raises, crunches, reach to the sky). Use Ophea’s [50 Fitness Activity GIFs](#) for movement ideas.
- The tagger then assumes the position of sender and holds the object in position.
- All other group members rotate 1 position, and the snake assumes a new formation. Play begins again with a new tagger and a new sender at the tail of the snake.
- The game ends when all group members move once through the length of the snake.

## Variations

- Increase or decrease the size of the playing area.
- Increase or decrease the length of the snake.
- Send the object in a variety of ways (e.g., roll, toss, bounce, handoff).
- Add an activity to complete before switching roles (e.g., 10 toe lifts, 10 push-ups, 10 high knees, 10 reaches to the sky). Use Ophea’s [50 Fitness Activity GIFs](#) for movement ideas.