

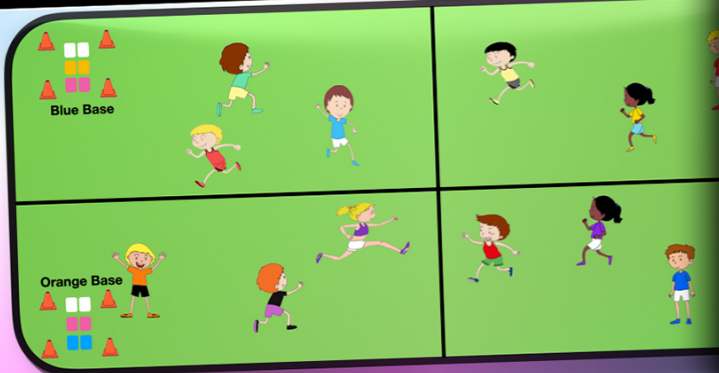


Tag Games

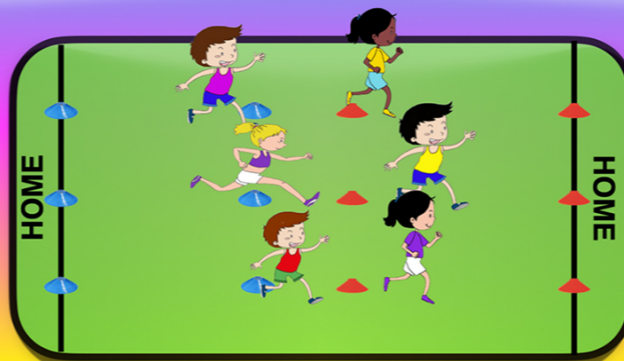


16 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

4 WAY CAPTURE THE FLAG



CROWS AND CRANES

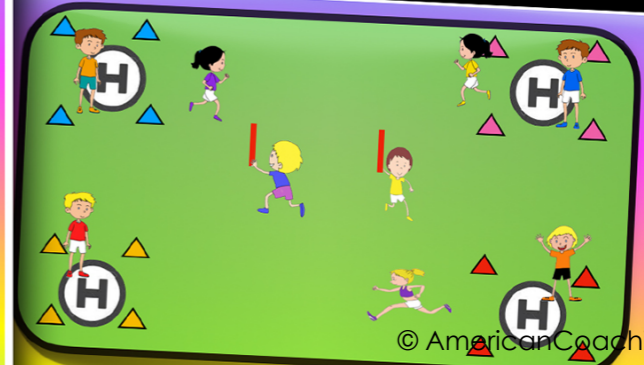


Setup

Markers

Students partner up: One is a 'crow' and one is a 'crane'

HELICOPTERS



COPYRIGHT NOTICE

IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@knowledgespotinc.com to report any illegal distribution.

Copyright © AmericanCoachingAcademy.com and Knowledge Spot Inc. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

INTRODUCTION

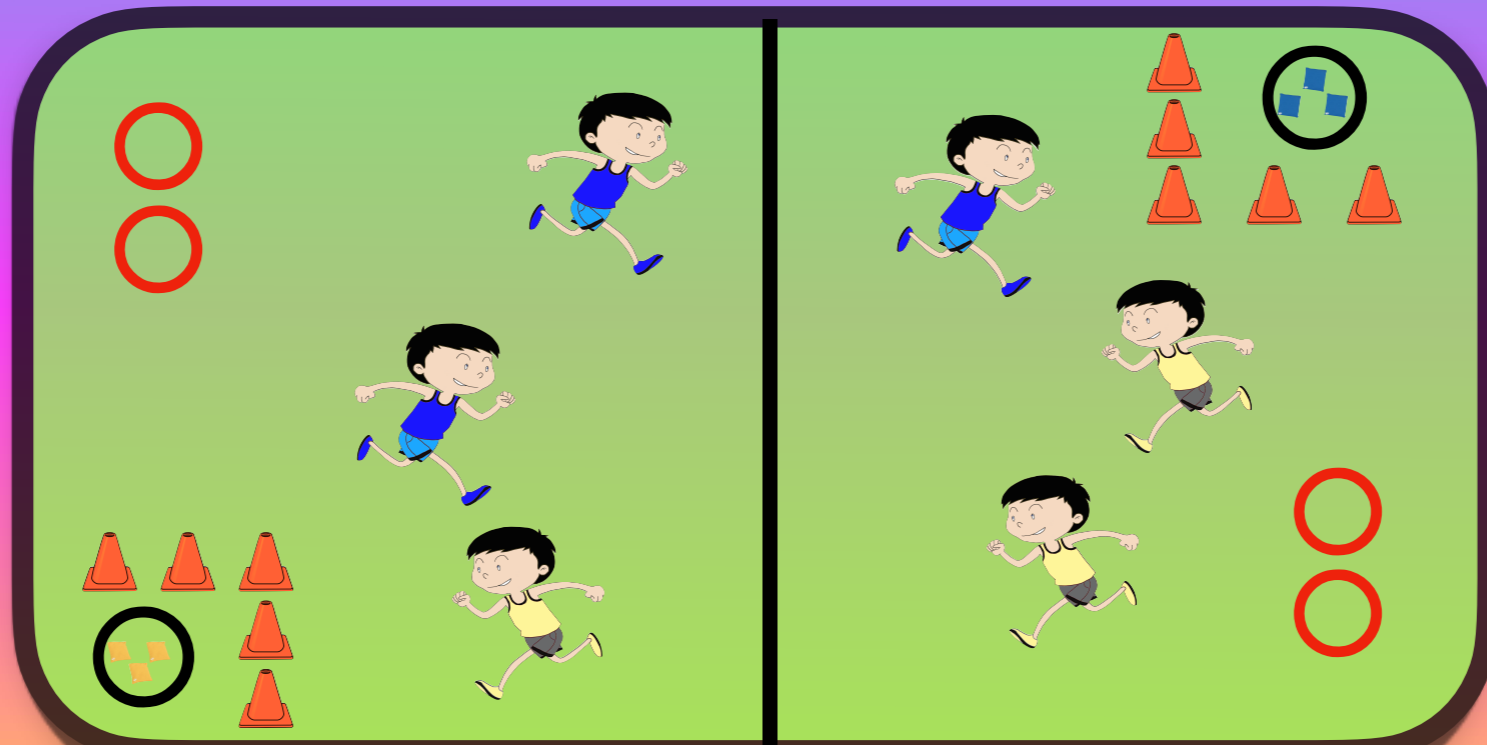
Welcome to Powerhouse PE Tag Games!

In this resource, we've provided 16 fun tag-based games you can use for PE class, recess, field days, summer camps, or after school sports programs.

Each game is explained with step by step instructions and rules for running the game. Along with a detailed diagram and equipment list showing you exactly how to set up the space. The activities are appropriate for Kindergarten through 8th grade students, and can be done with small groups or large groups, indoors or outdoors.

Let's get started!

CAPTURE THE FLAG



Setup



x 6



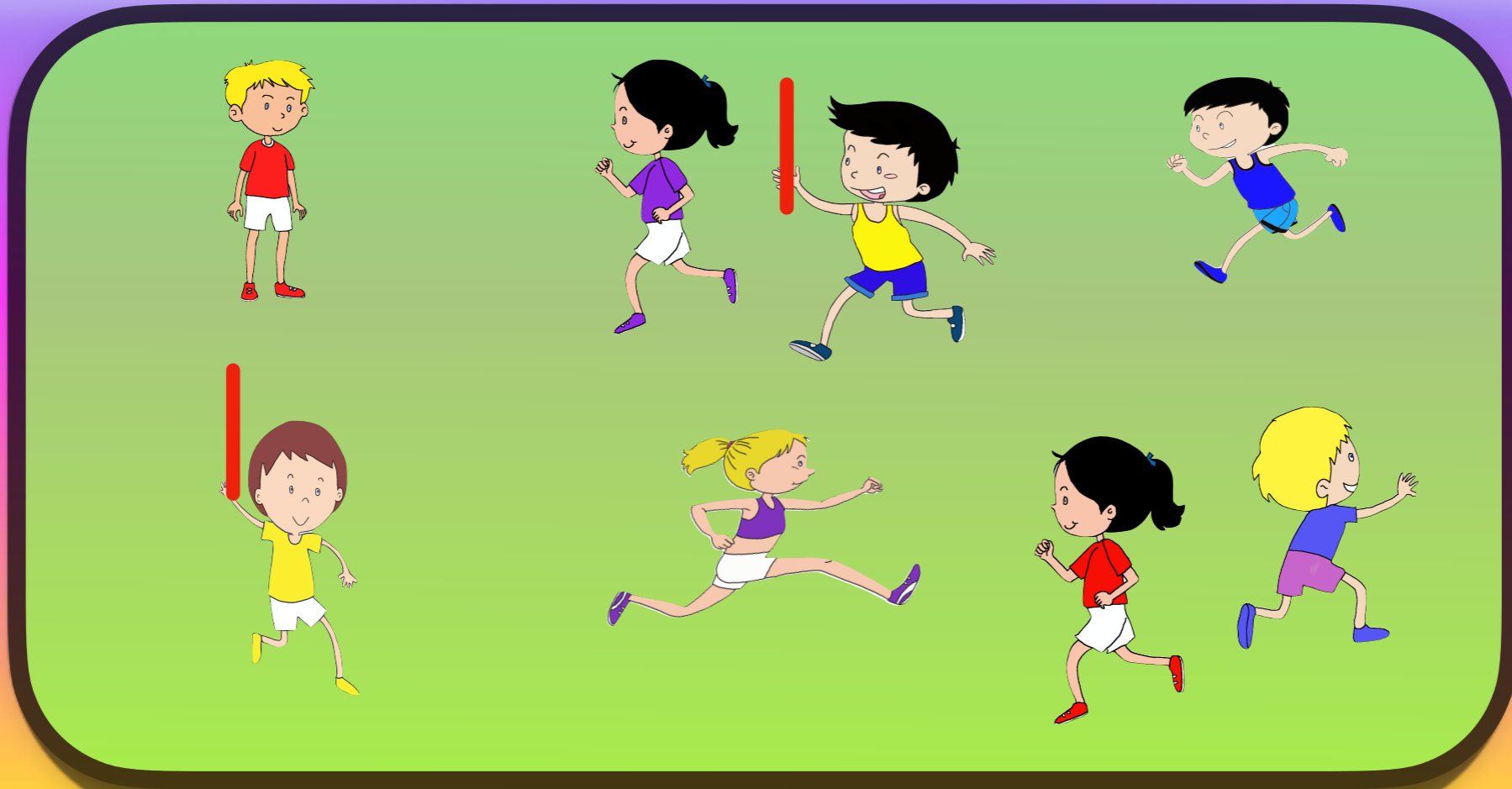
beanbags



Cones

1. Teams start in their own half, the aim is to capture the flags/beanbags and bring them back to their side.
2. When travelling on the other teams side, if you are tagged you must go to jail.
3. Players can be released from jail by a team mate making it to them, if so you can walk safely back to your side.
4. If players make it to the other teams flag area (inside cones) you cannot be tagged, they will try and get the flag/beanbag back to their side.
5. If tagged on the way back, the player must return the flag/beanbag
6. if a team captures all the flags, the game is over and start a new game.
7. After 5 or so minutes, if the game is still going the team with the most flags/beanbags are the winners.

Toilet TAG

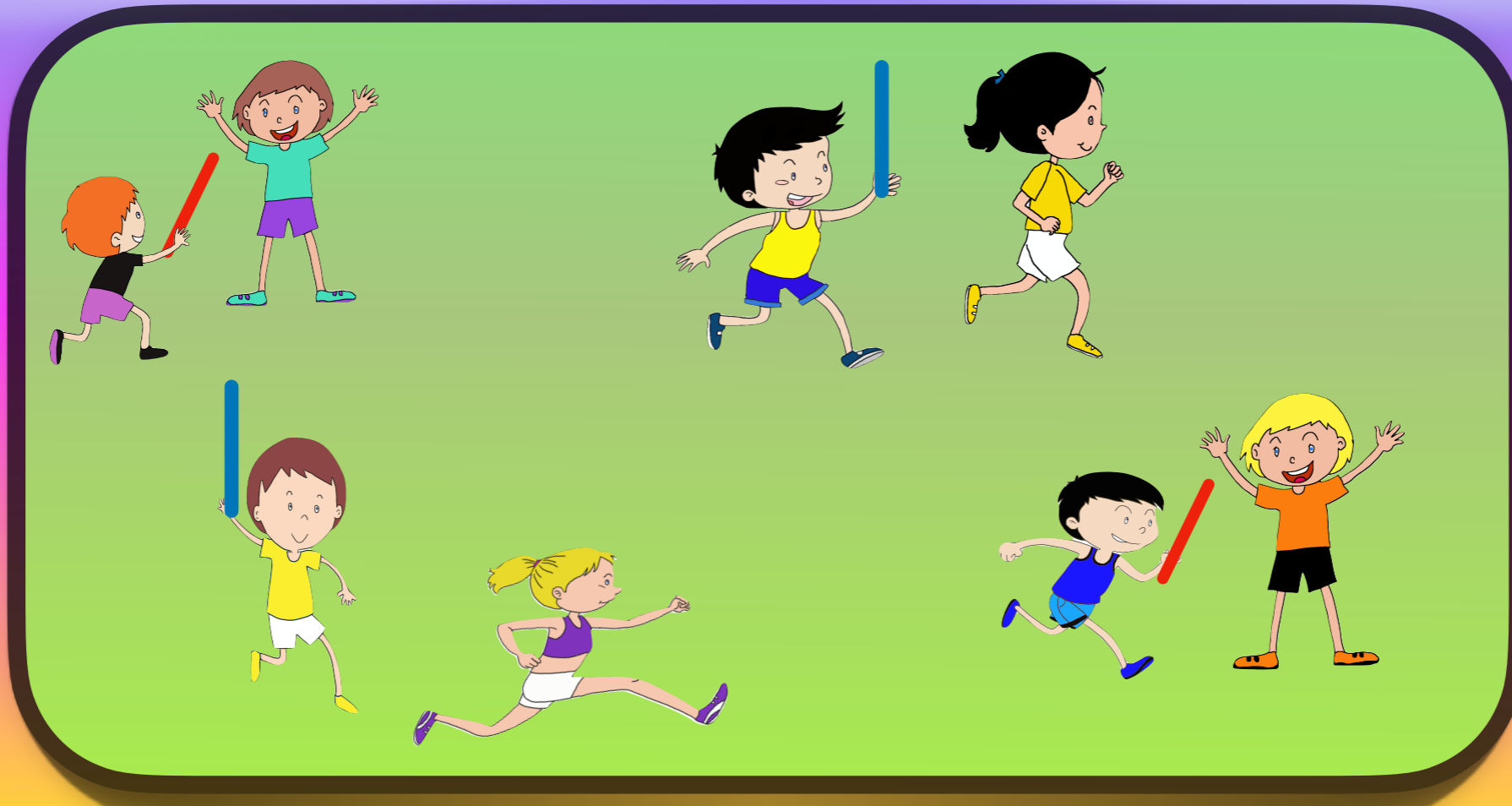


Setup

Pool Noodles

1. Designate playing area, players must stay in boundaries
2. Choose 3-4 students to become 'toilet makers' and give them a pool noodle to tag students with.
3. The toilet makers try to tag students with a pool noodle. If so, they turn into a 'toilet'. They become a toilet by kneeling down on one knee and raising the other to make a 'seat'
4. To be released another person who has not been tagged, must sit on their seat and pull the chain (arm raised)
5. Toilet makers cannot tag students sitting on a toilet.
6. The game can be played for a set time or until there are a few players left.

Freeze AND Melt



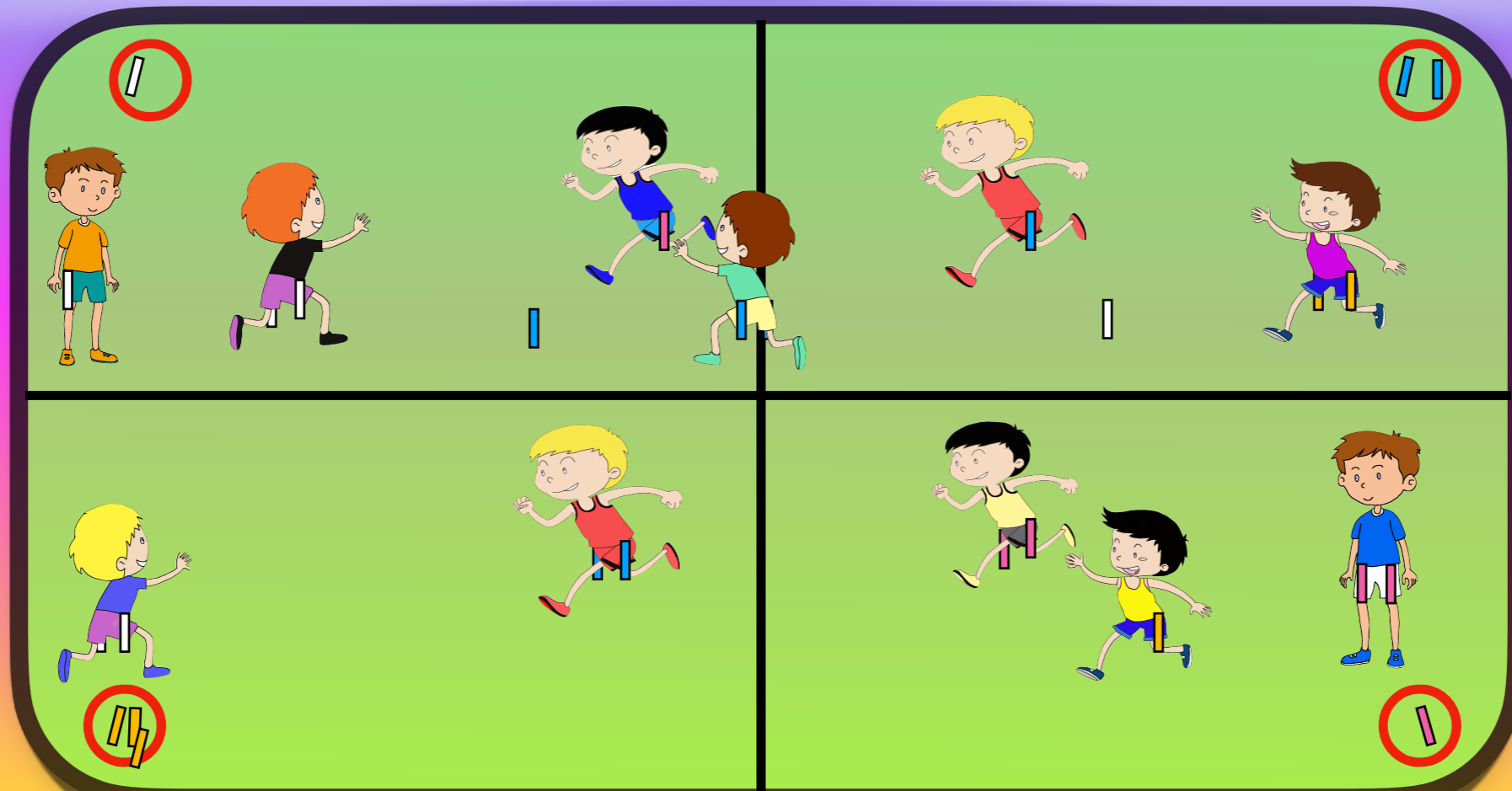
Setup



2 x Red and 4 x Blue Pool Noodles

1. Arrange playing area as shown, players must stay in boundaries
2. Designate 4 'freezers' (who have the blue pool noodles) and 2 'melters' (who have the red pool noodles)
3. On teachers command the freezers try and tag other students (except melters). If a student is tagged they must 'freeze'. They can only be unfrozen by the 'melters'
4. The melters run around and try to unfreeze as many students that are frozen as possible.
5. Play for a designated time period or until there are only a few students left unfrozen.

ELECTRICITY TAG



Setup



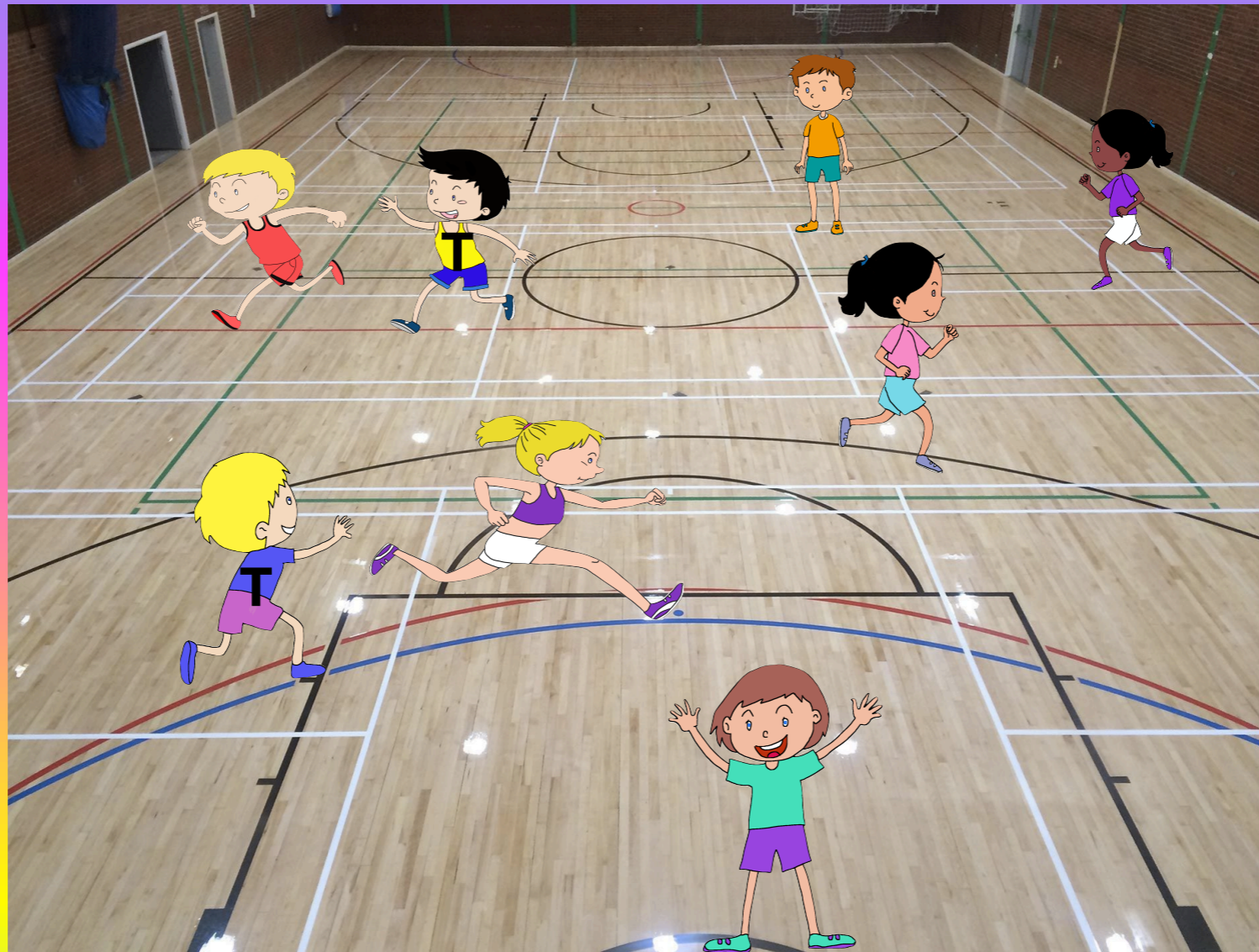
x 4



4 colored sets of flagbelts

1. Split group into 4 teams and give each student a pair of flagbelts, one color per team
2. The object is to steal the flagbelts of opposing teams hips and take them to your 'power station' (hoop). No body contact allowed.
3. Players must not protect or hold their own flagbelts with their hands.
4. Each team has a 'regenerator'. This player does not have flag belts and simply recollects their flags from other teams hoops and places them back in their power station.
5. Once both flags have been taken, players must collect new flags from their power station or wait until the regenerator has returned 2 flags.
6. Play for a designated time period, winning team is the team that has the most opposing flags in their power station

PACMAN



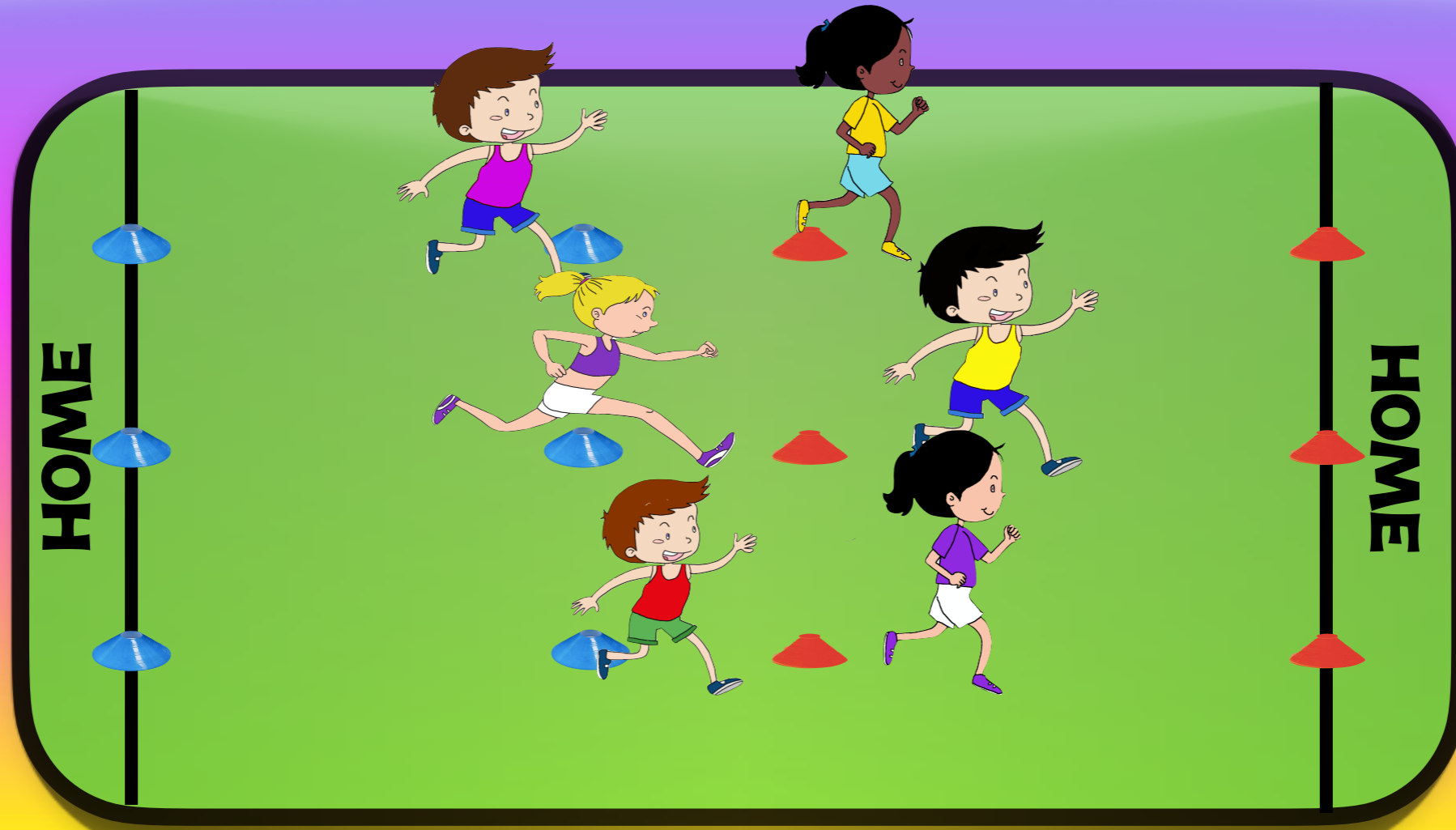
T = Taggers

Setup

No Equipment needed except court with line markings

1. Choose 4-5 taggers (ghosts), the rest are Pacmen
2. Ghosts and Pacmen must stay on lines whilst running with no cutting of corners
3. if tagged, a pacman is not out but must simply perform 5 star jumps (off of a line) and then return to the game.
4. If whistle is blown the roles reverse and pacmen can tag the ghosts (10 seconds only), if tagged a ghost must perform 10 star jumps
5. Rotate roles and locomotion frequently

CROWS AND CRANES

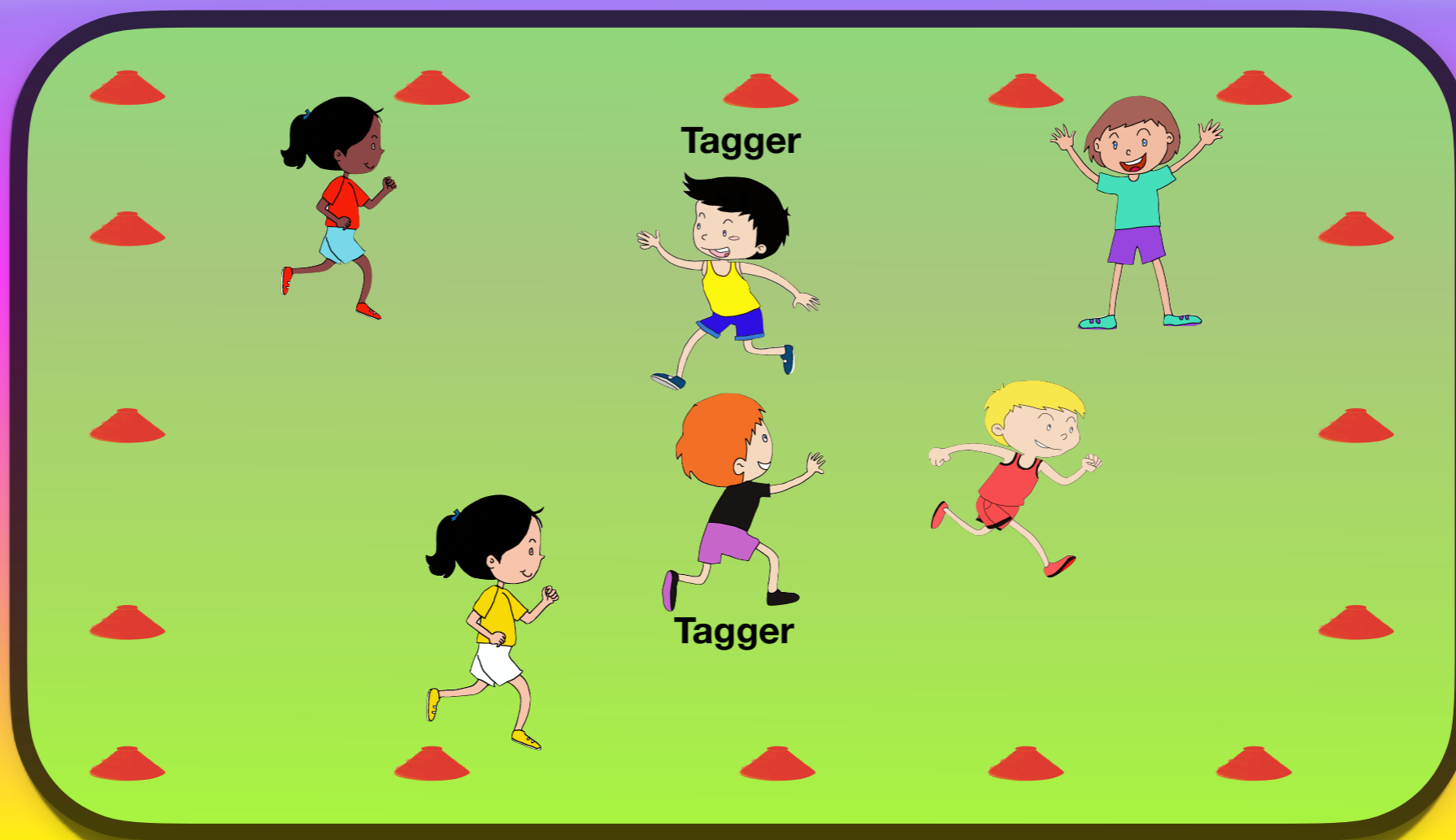


Setup



1. Students partner up: One is a 'crow' and one is a 'crane'
2. They face each other, one behind the blue Cone, one behind the red Cone
3. Teacher call either 'crows or 'cranes'. That player must turn and run for their home Cone and reach it before being tagged by their opponent. Score a point for a tag or getting to your home Cone.
4. Mix up the locomotion and starting position frequently

OCTOPUS

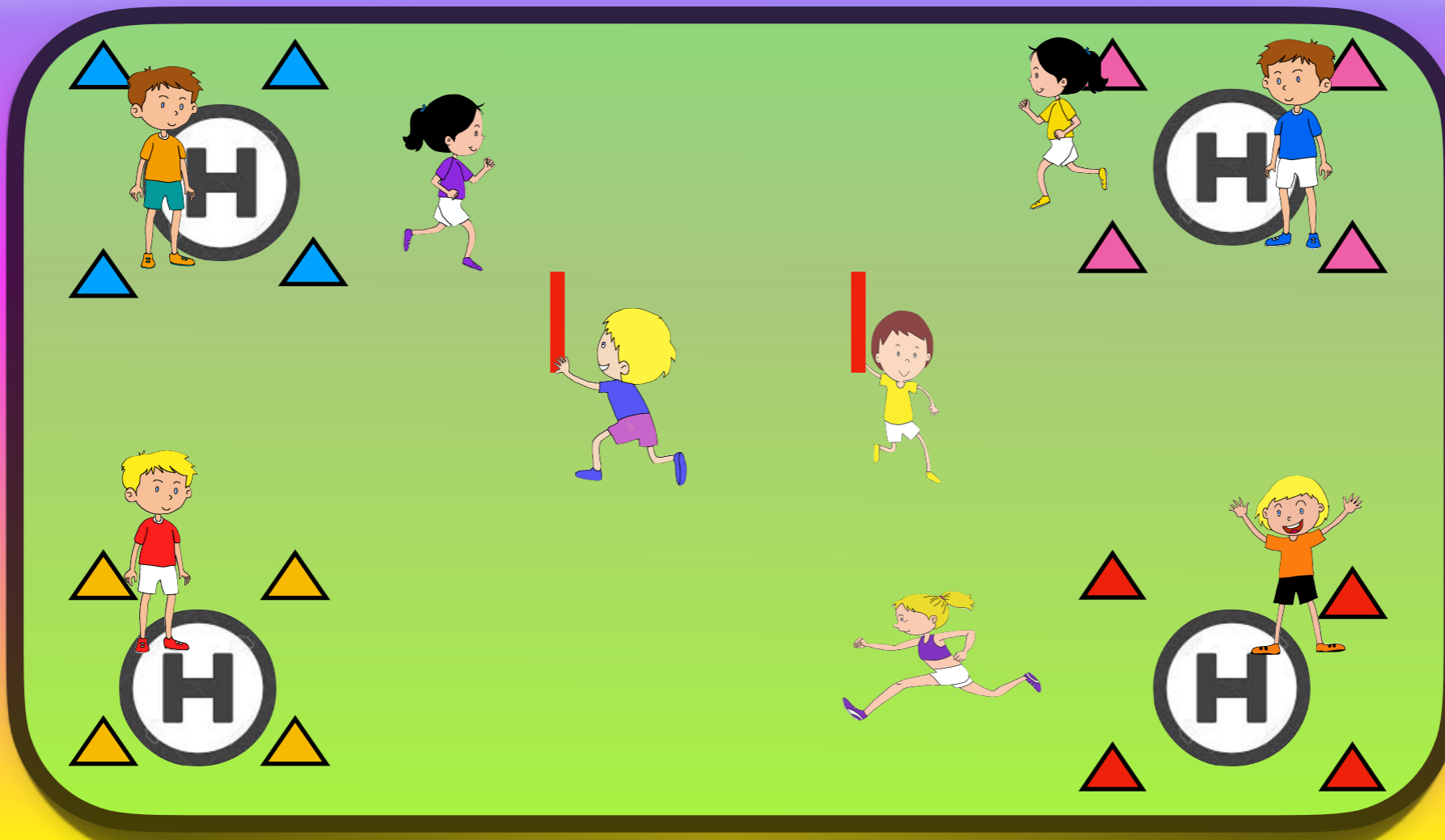


Setup

 Cones to design playing area

Students (Fish) line up on one end. Choose 3-4 people to start as 'taggers' (Octopus). The aim is to reach the other side without being tagged by one of the 'taggers'. If you are you turn into 'seaweed' where you were tagged and go to your knees. Seaweeds can tag fish, but cannot run. Last student left is the winner.

HELICOPTERS



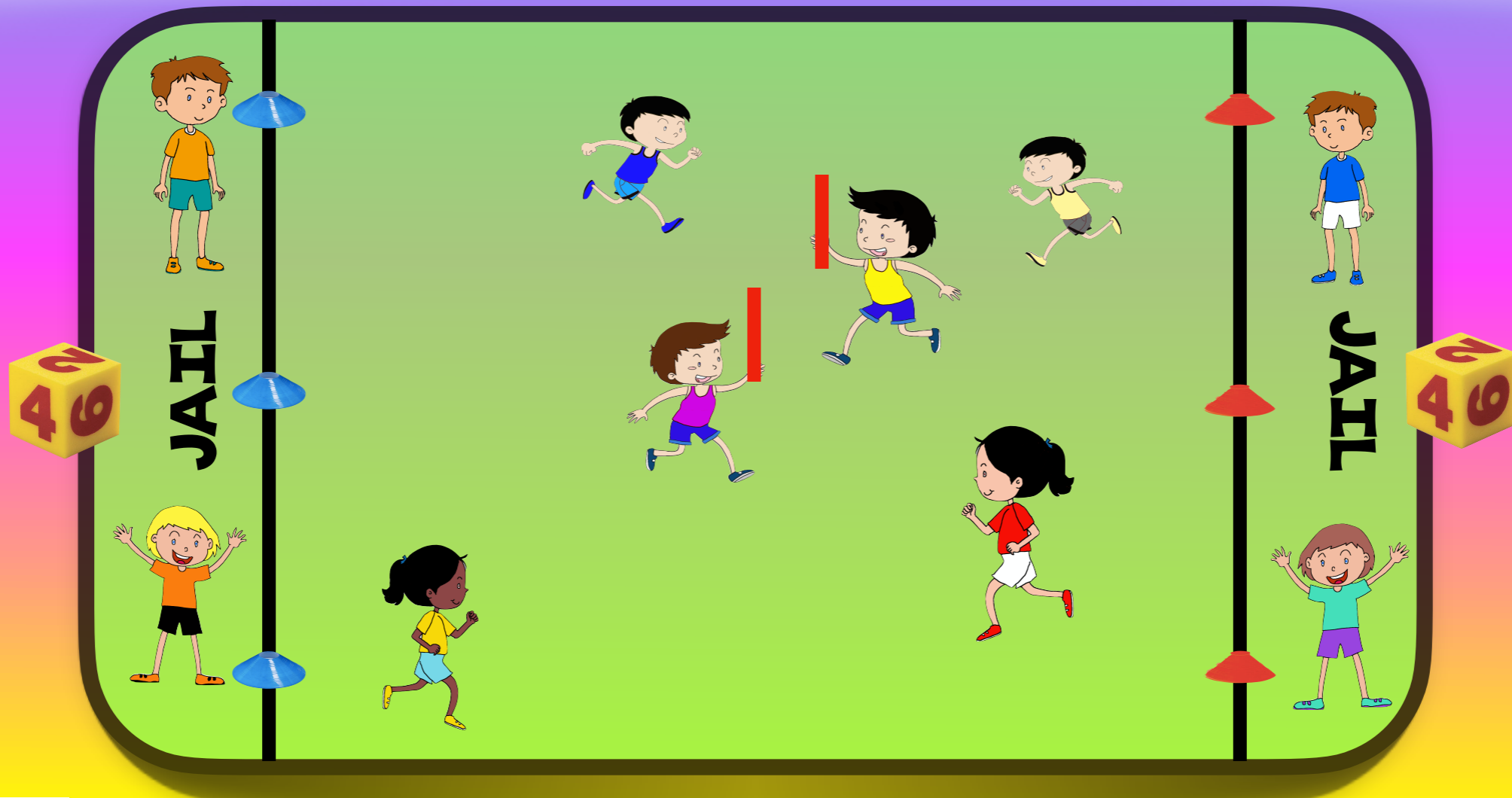
Setup

▲ 4 different sets of colored Cones

▬ pool noodles for taggers

In this game have 2- 4 taggers who have pool noodles. All other students are in a colored helicopter pod (Coned areas). The teachers calls a color and those students have to run, skip etc (mix up the locomotor) to another helicopter pod without getting tagged. If they do get tagged they must complete 10 star jumps and then head to a color of their choice. Mix up the taggers and locomotor regularly.

COPS AND ROBBERS



Setup



4 different sets of colored Cones



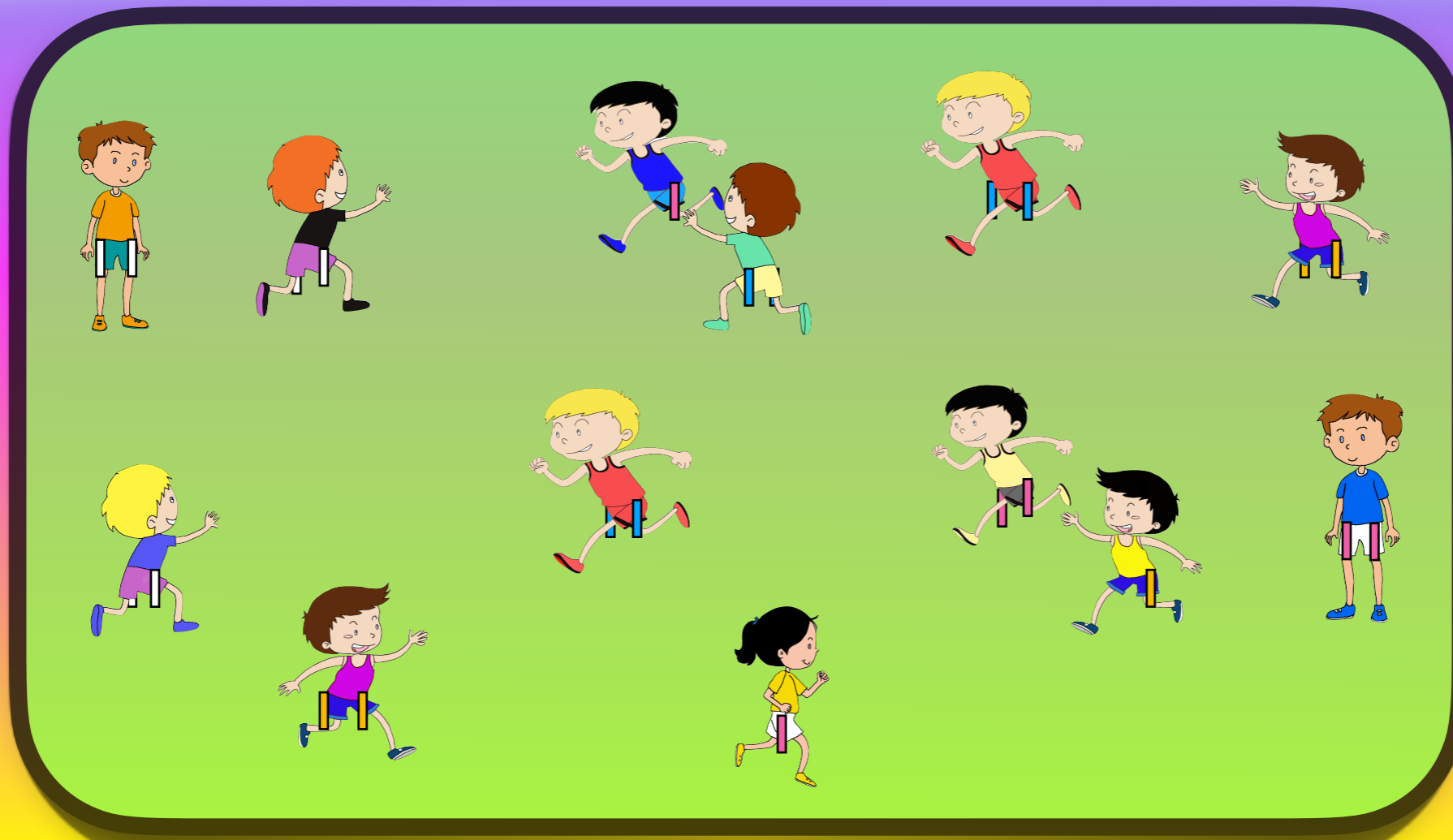
pool noodles for taggers



Dice x 2

In this game have 2 end zones marked out as jails. The aim is for the taggers to send dodgers into the jail by tagging them. If a dodger is tagged with a pool noodle they must immediately head to the closest jail. They can be released 3 ways. Either completing a designated exercise/s, having another dodger tag them, or by rolling a 'six' on a dice (large exercise dice work best). Have a dice at each end.

TAiLS



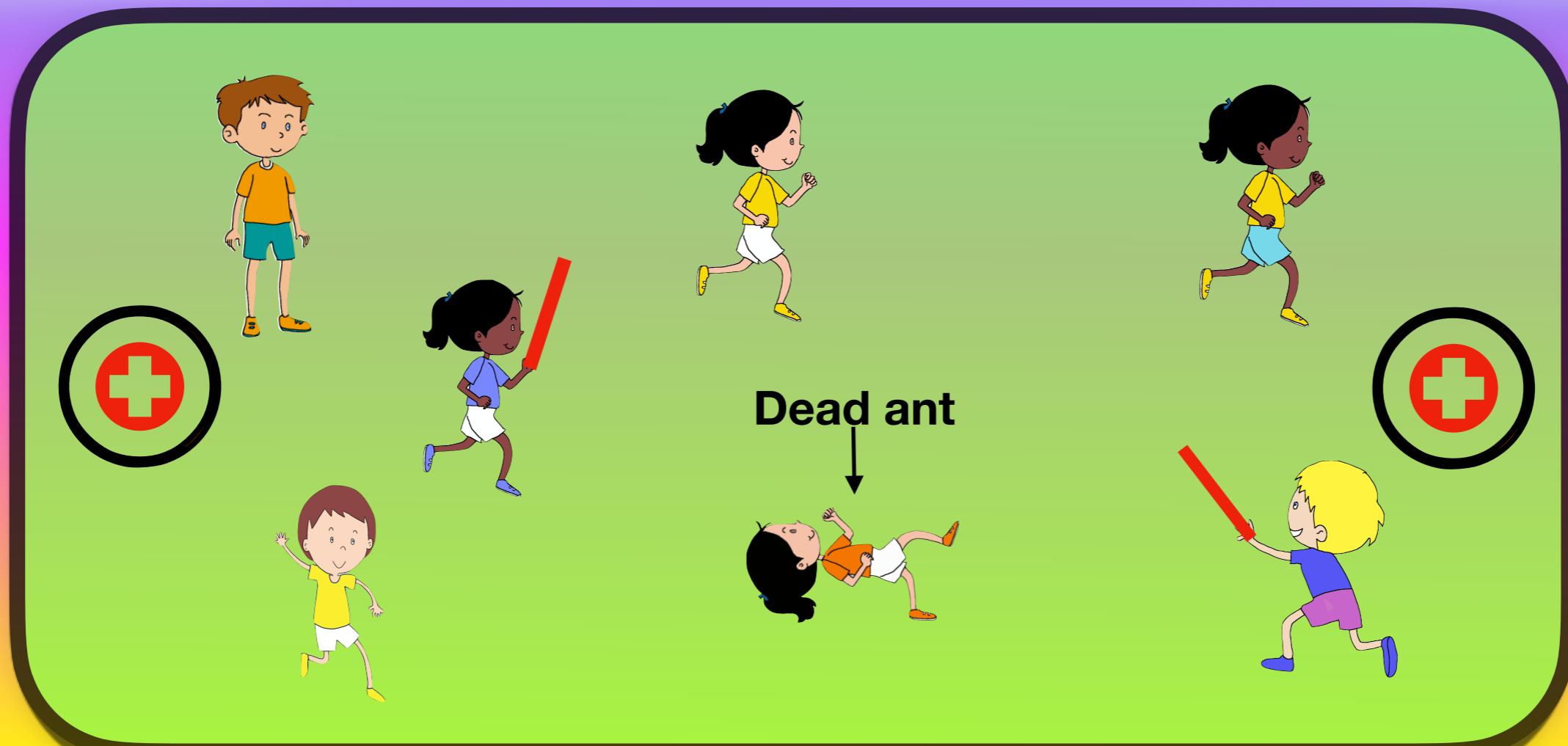
Setup



x 2 flagbelts for each student (colors don't matter)

Setup large playing area. Each student attaches 2 flagbelts to their waist (or a bib/pinnie tucked into their waistband on either side). The aim is to steal other students flagbelts whilst keeping your own. Students cannot make body contact and cannot protect their flags with their hands. After a flagbelt is 'stolen' the 'stealer' throws it on the ground. If both or your tags have been stolen you do a lap of the playing area and come back in and pick up two flags off of the ground and play again. The game is continuous but you can add points for every flag that a students 'steals' to determine a winner.

DeAd ANTS



Setup

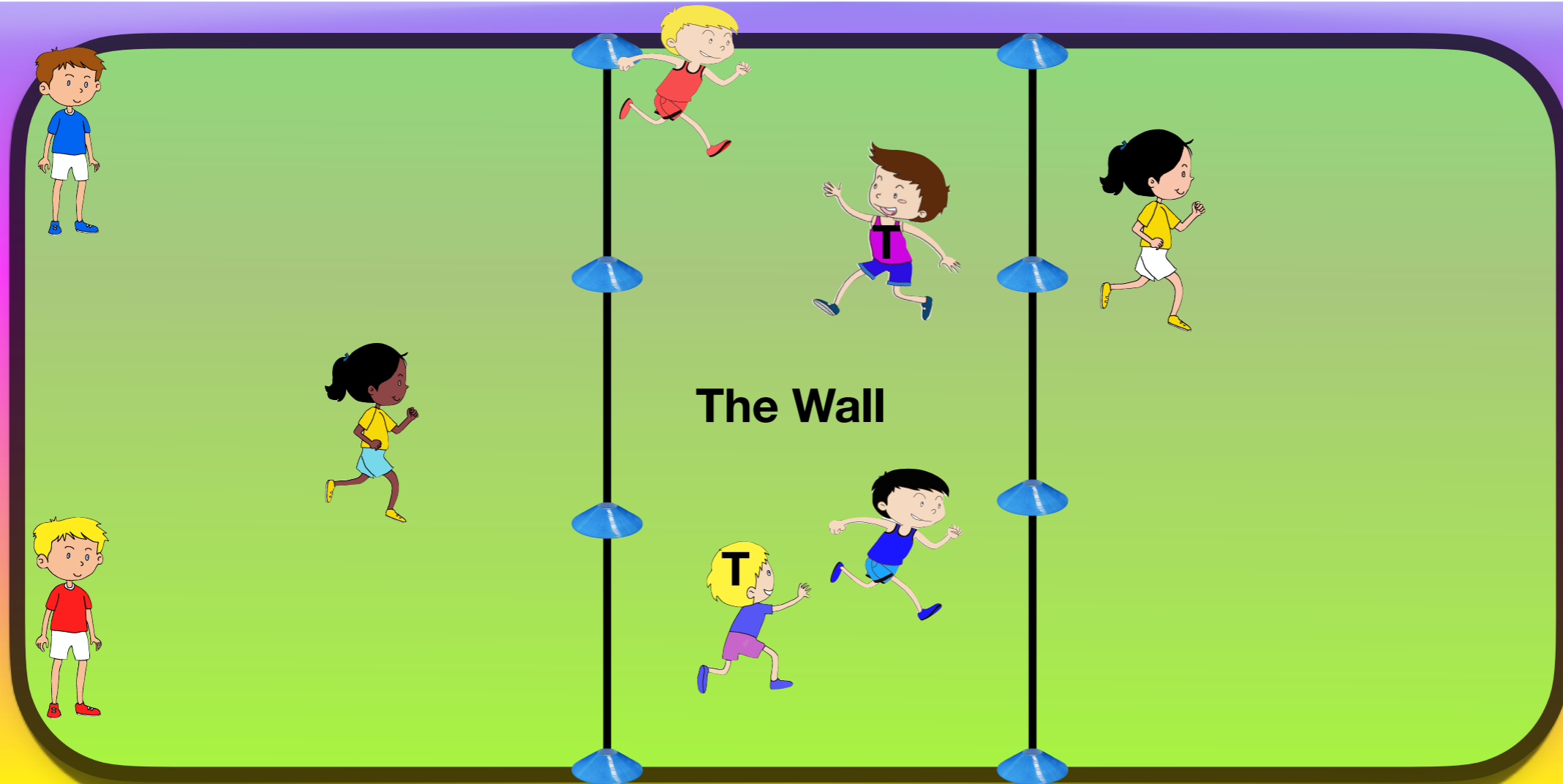
Pool Noodles



Hula Hoops

Setup a large playing area. Choose 4 taggers who start with pool noodles, the rest are 'ants'. When an ant is tagged they become a 'dead ant' and lie down waving their arms and legs. 4 ants can carry a dead ant to the medical bay at either by holding an arm and a leg each, whilst carrying a dead ant, students cannot be tagged by the taggers. Once in the medical bay ants have been revived and may rejoin the game. Taggers cannot go into the 'medical bays' Variations: add more or less taggers, medical bays and change locomotion.

THE WALL

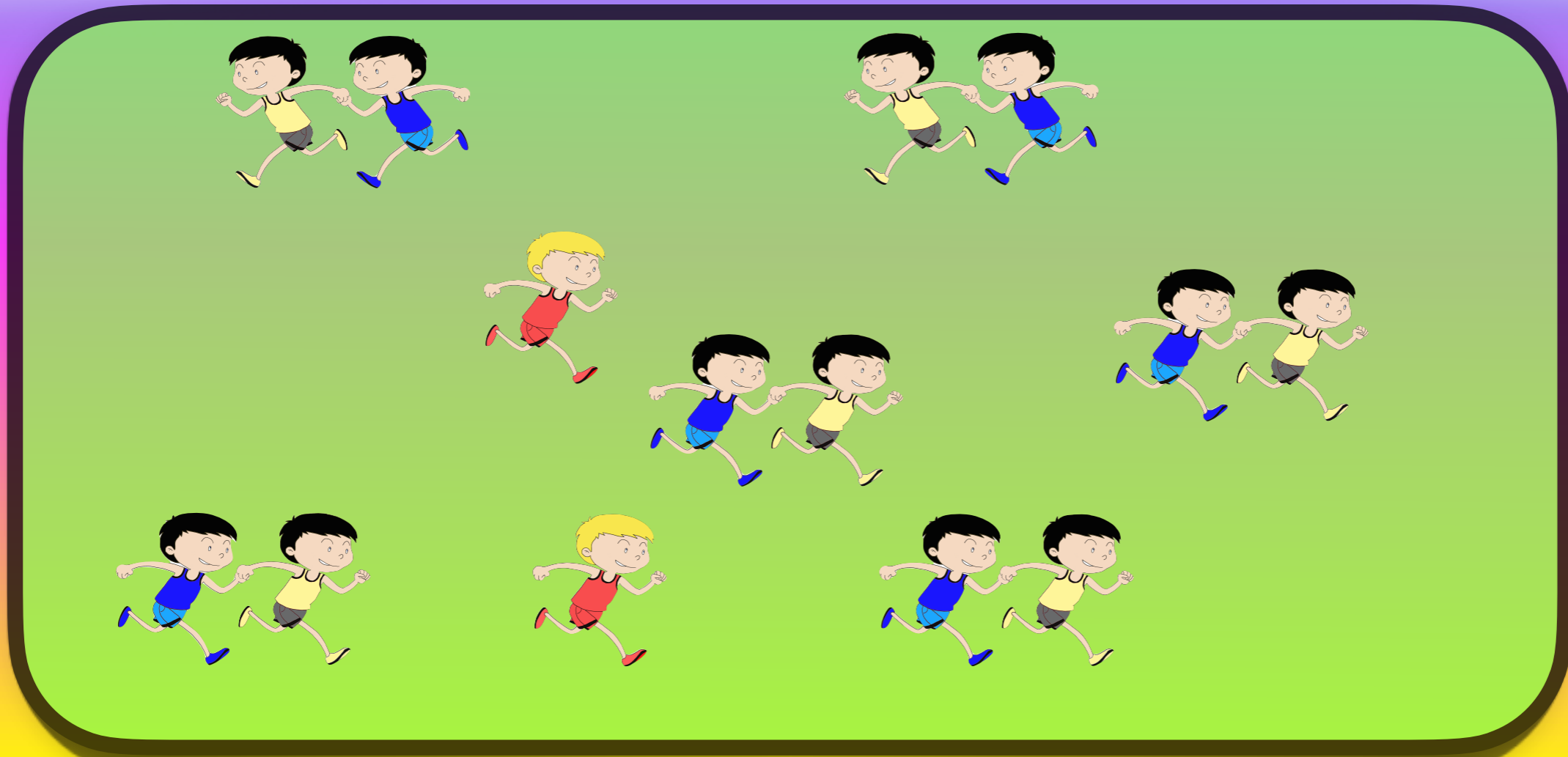


Setup

T = Tagger

Make a large playing area. Choose 2-3 students to be taggers who are stationed inside 'the wall'. The aim is for students to avoid getting tagged inside 'the wall'. Taggers must only tag students inside the wall, any tag outside the wall does not count and the student continues to the end. If a student is tagged inside the wall they become taggers. Mix up the locomotor often and emphasise safety and awareness. To make it easier, have taggers that are inside the wall pivot only.

SPITFIRES AND BOMBERS



Setup



x2 Spitfires

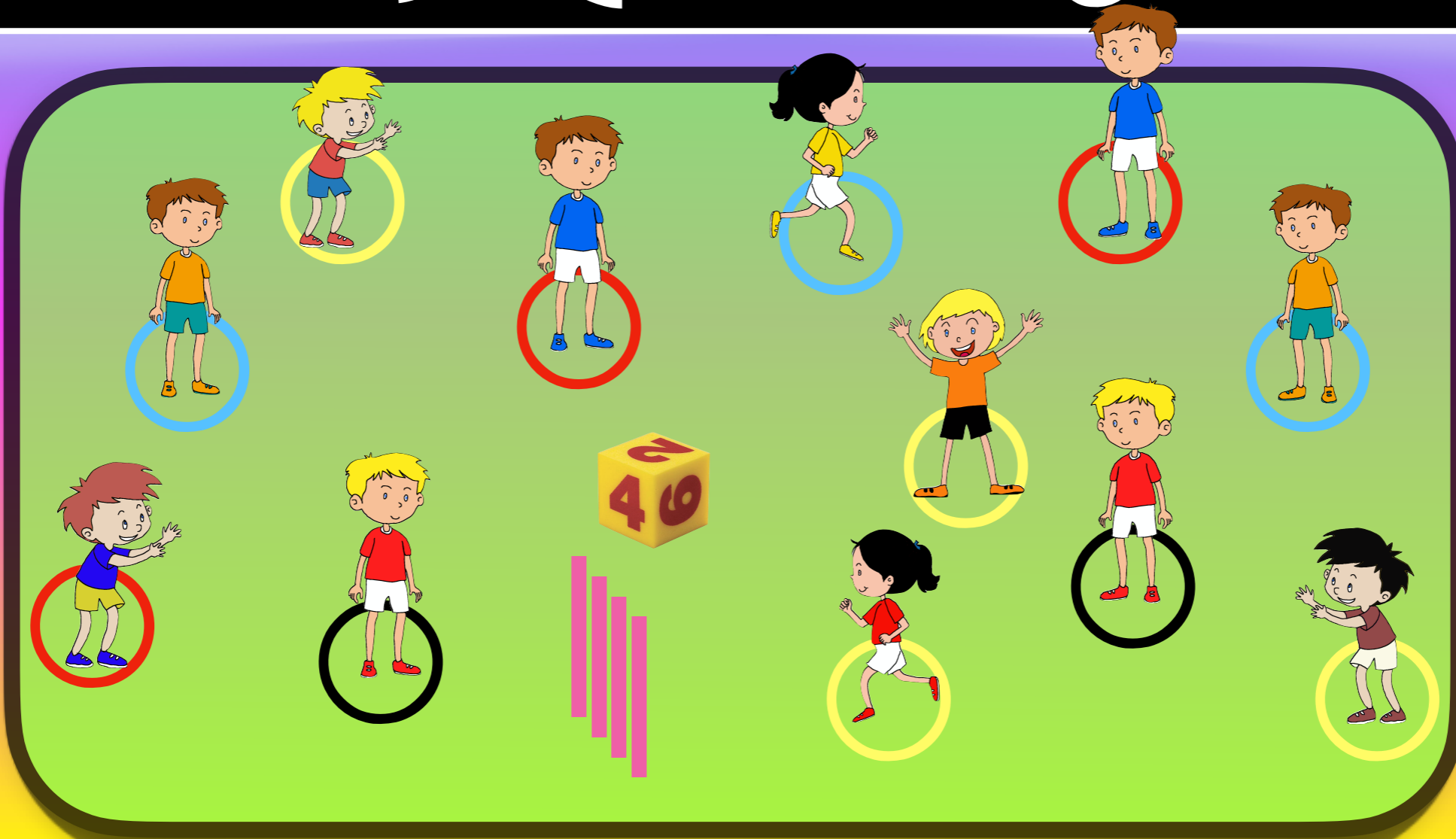


Bombers

Make a large playing area. Choose 2 students who are the spitfires, the rest of the class are the bombers and find a partners and hold hands. On Go, the spitfires try and tag the bombers, if tagged the bombers must form a 'hanger' and join hands above their head creating an arch. To be released another pair of bombers must run through the arch. Spitfires cannot tag a pair of bombers inside an arch and cannot wait for them to exit.

Variation: Change up the locomotor, have more spitfires or change the size of the playing area.

Dice TAG



Dice Key



1



2



3



4

Exercise of teacher choice 5

Teacher is it 6

Setup



Assorted Colored hula hoops

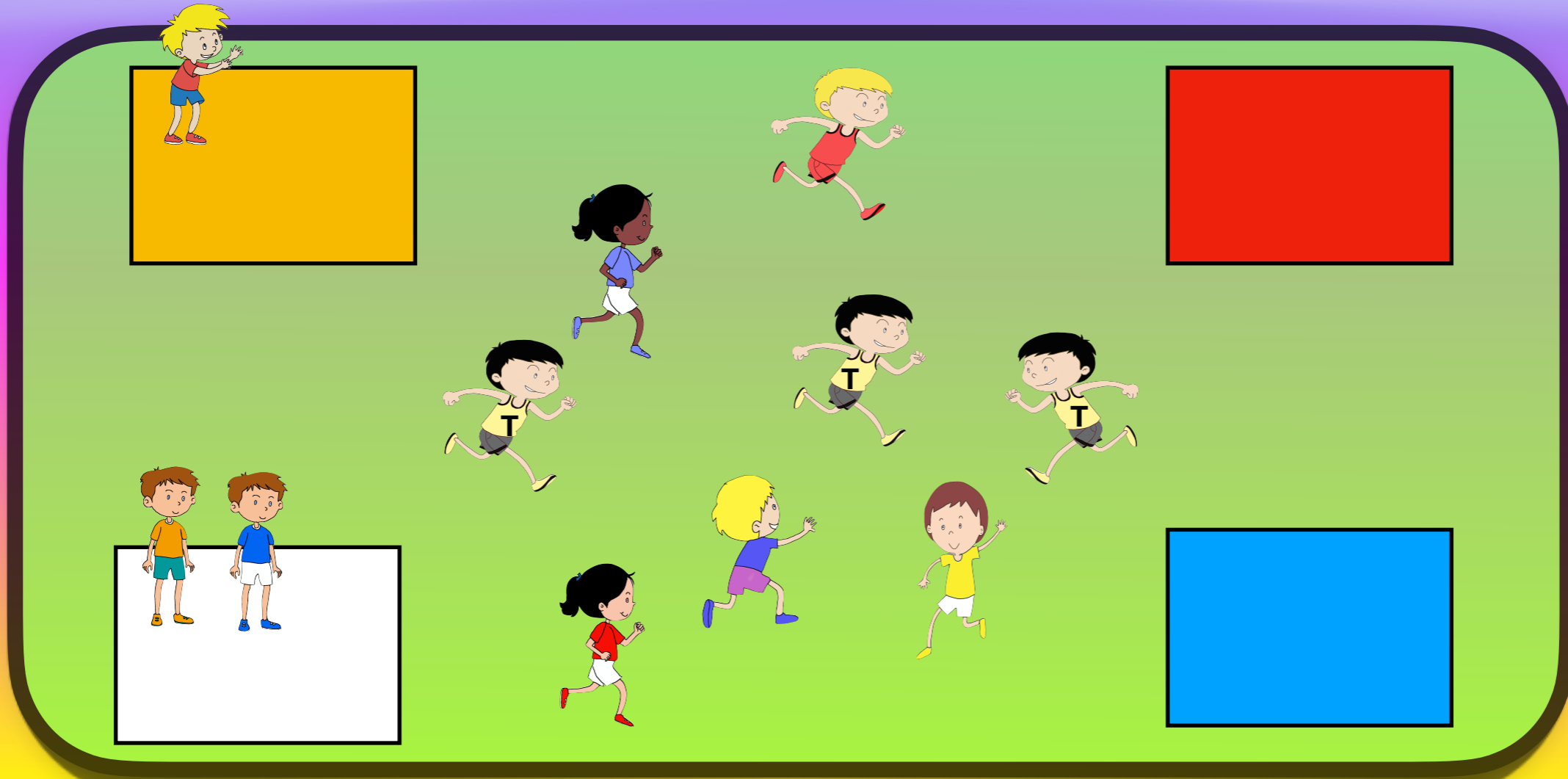
Pool Noodles



Dice

Scatter 4 different colored hula hoops throughout the area, each student stands in one. Teacher rolls the dice, if the number lands on 2 (see they for associated numbers) then all students in the red hula hoops become taggers and collect a pool noodle. All other students leave the hula hoop and try and dodge the taggers. If a student is tagged they go to hula hoop of their choice until the time is up (1 min) or everyone is tagged and wait for the next round.

MAT TAG



Setup



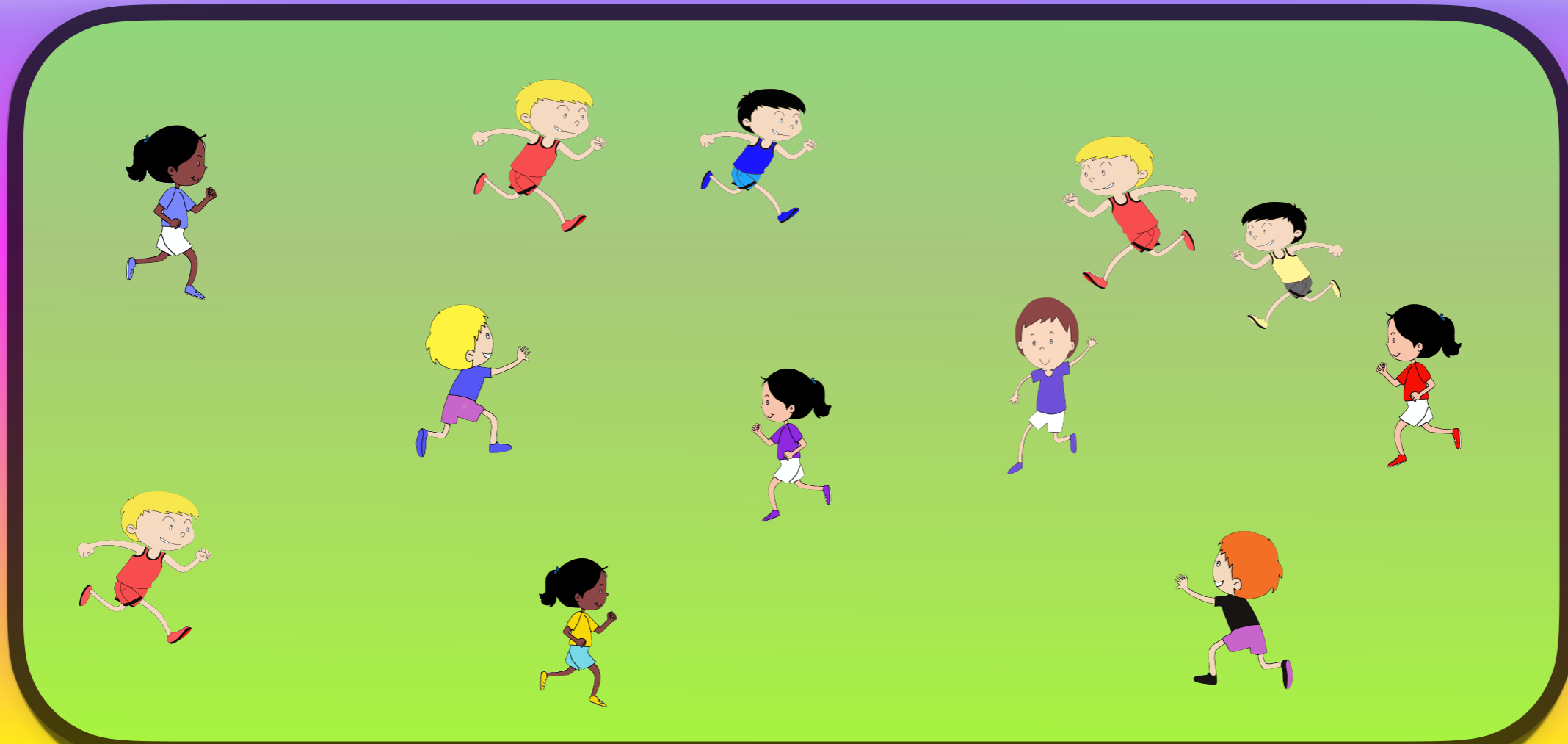
4 x mats or marked off areas to designate teams



Bibs/Pinnies to designate tagging team

Setup large playing area. Each team is designated a mat. All teams start on their mat. One team is the 'tagging team' and wears bibs/pinnies. On teachers command the students all leave their mats and try to dodge the taggers. If a student is tagged they must return to their mat. The last team to have a team member out still playing is the winner. After each round, change tagging team. Variations: Change locomotor, students have to perform an exercise once tagged on their mat and come back in to make it an endless or time limited game.

FROGGER



Setup



= Taggers

Setup a large playing area. Choose 3-4 students who are the taggers, the rest of the students scatter throughout the area. On teachers command, the taggers try and tag the there other students, if tagged the student must crouch down like a 'frog'. Frogs can be released by students leapfrogging them (using the shoulder or a clean jump). A student cannot be tagged if they are releasing a 'frog' and have their hands on the shoulders of the frog. Variations: Mixup the locomotor, have less or more taggers, increase or decrease the playing area.