

# 10 SECOND TAG

## READY

**EQUIPMENT:**

NONE

**SET-UP:**

SQUARE OR RECTANGLE BOUNDARY

**NUMBER OF STUDENTS:** 20 +

**TIME:** 15 MINUTES +

## EXPLAIN

- 1 Pair up! 1 person is the “runner” and 1 person is the “counter.”
- 2 The “counter” will count out loud to 10.
- 3 The “runner” will try to get as far as possible in those 10 seconds.
- 4 After 10 seconds the “counter” will try to tag the “runner” with two fingers.
- 5 If you are tagged, do 5 jumping jacks and rejoin the game.

✓ **For Understanding:**

- How many seconds do you count to?
- What happens when you are tagged?

**GAME TIP:**

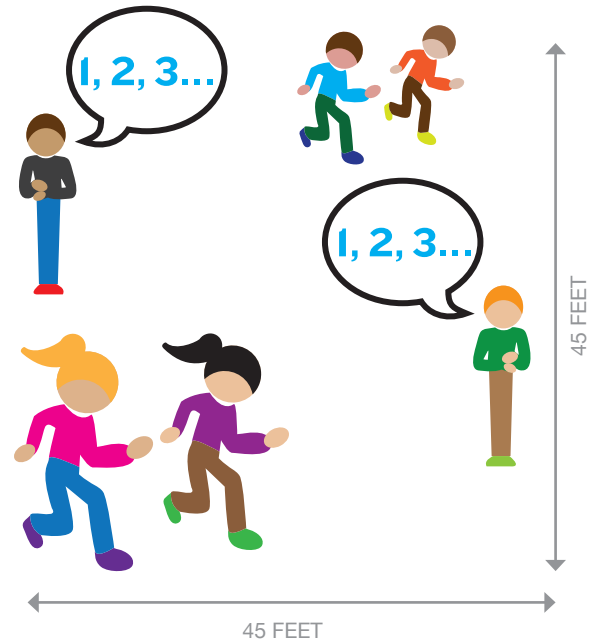
- Have students demonstrate the game before playing.

**CONFLICT RESOLUTION TIP:**

- Make sure students are counting out loud and slowly.

**INDOOR TIP:**

- Have the students walk or skip to lower the energy.



## PLAY → REP IT OUT!

- **EASY:** Count up to 20 seconds.
- **MEDIUM:** Count in a different language.
- **HARD:** Count up to 5 seconds.

**CATEGORY:**

TAG

**ENVIRONMENT:**

LARGE PLAYGROUND

**GRADES:**

K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**

CROWS AND CRANES

GIANTS, WIZARDS,  
AND ELVES

FOX, TREES, AND  
SQUIRRELS

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