

FITNESS TAG

READY

EQUIPMENT:

4 CONES + 4 GATOR BALLS

SET-UP:

SQUARE OR RECTANGLE BOUNDARY

NUMBER OF STUDENTS: 20 +

TIME: 15 MINUTES +

EXPLAIN

- 1 Line up! Four students will be "It" and each will be given a different color cone.
- 2 Each color cone represents a different fitness exercise (i.e., red cone is 10 jumping jacks, green cone is 5 push-ups, yellow cone is 10 lunges, and blue cone is 5 squats).
- 3 The taggers will try to tag with 2 fingers.
- 4 If tagged, head to the specific fitness zone to complete the fitness exercise and return to the game.

✓ For Understanding:

- What happens when you are tagged?
- Where do you do the exercise?

GAME TIP:

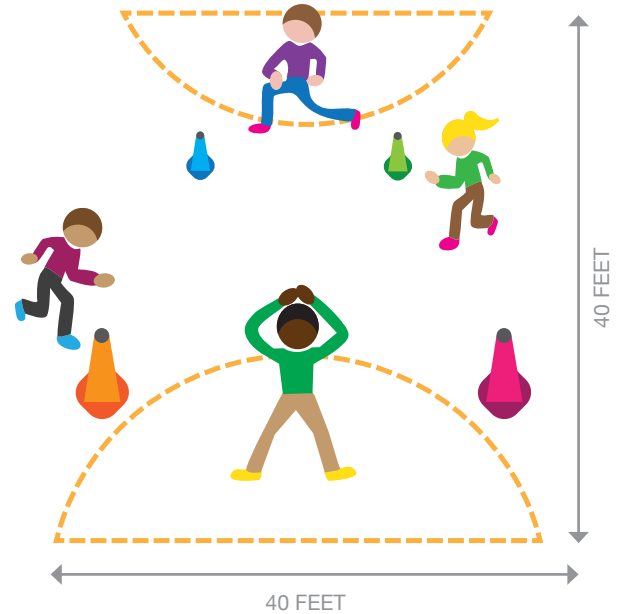
- Demonstrate each exercise before game starts.

CONFLICT RESOLUTION TIP:

- Have students do Rock-Paper-Scissors.

INDOOR TIP:

- Have students walk or skip to lower the energy.



CATEGORY:

TAG

ENVIRONMENT:

LARGE PLAYGROUND

GRADES:

K-5

FITNESS FOCUS:



BACK-UP GAMES:

MIRROR TAG

SUPERHERO TAG

TRANSFORMER TAG

PLAY → REP IT OUT!

- **EASY:** Tag on the shoulders.
- **MEDIUM:** Tag on the knee.
- **HARD:** Hop on 1 foot.