

MIRROR TAG

READY

EQUIPMENT:

4 CONES

SET-UP:

SQUARE OR RECTANGLE BOUNDARY

NUMBER OF STUDENTS: 20 +

TIME: 15 MINUTES +

EXPLAIN

- 1 Line up! 1 student is "It" and will try to tag you with 2 fingers.
- 2 When you are tagged, you freeze in place and begin your "Mirror Activity" (i.e., swimming, jogging in place, or biking)
- 3 Whoever was tagged, yells out "Mirror, Mirror" for one student to mirror your activity for 3 seconds.
- 4 When completed you are unfrozen and can rejoin the game.

✓ For Understanding:

- What happens when you are tagged?
- How do you become unfrozen?

GAME TIP:

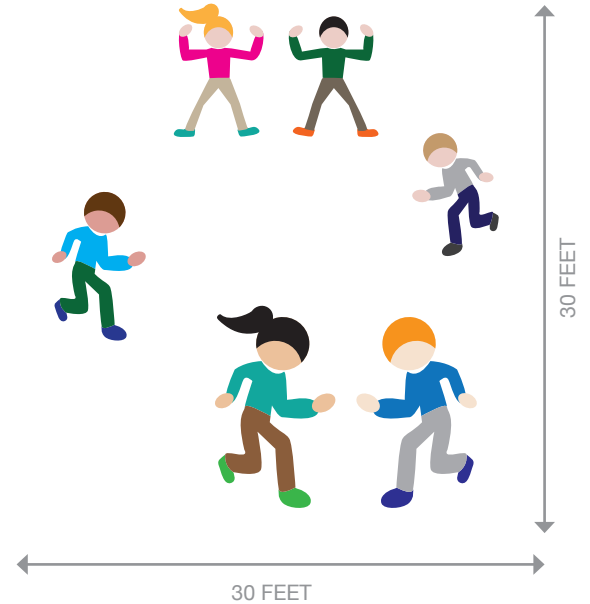
- Have more than 1 tagger.

CONFLICT RESOLUTION TIP:

- Use Rock-Paper-Scissors to resolve any arguments.

INDOOR TIP:

- Have students walk or skip to control the movements.



PLAY → REP IT OUT!

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

CATEGORY:

TAG

ENVIRONMENT:

LARGE PLAYGROUND

GRADES:

K-5

FITNESS FOCUS:



BACK-UP GAMES:

FITNESS TAG

SUPERHERO TAG

TEAMWORK TAG