

SUPERHERO TAG

READY

EQUIPMENT:

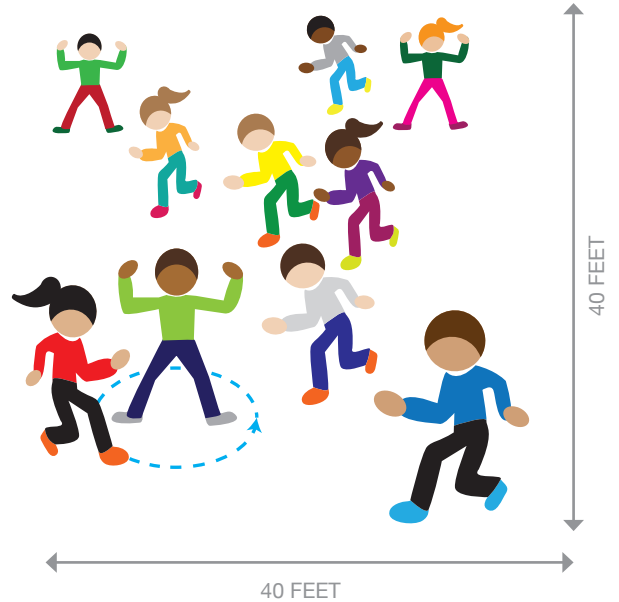
4 CONES

SET-UP:

SQUARE OR RECTANGLE BOUNDARY

NUMBER OF STUDENTS: 15+

TIME: 15 MINUTES +



EXPLAIN

- 1 One person is the villain, 'it', and one person is the superhero.
- 2 The villain's super power is to freeze you and superhero's power is to unfreeze.
- 3 Villain tags with 2 fingers above the waist.
- 4 When tagged by the villain freeze in your favorite superhero pose.
- 5 When the superhero gives you a high five you are unfrozen and rejoin the game.

✓ For Understanding:

- What do you do when you are tagged?
- Who unfreezes you?

GAME TIP:

- Have more than 1 villain or superhero at a time.

CONFLICT RESOLUTION TIP:

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

INDOOR TIP:

- Use walking or hopping to lower the energy or control the movement.

CATEGORY:

TAG

ENVIRONMENT:

LARGE PLAYGROUND

GRADES:

3-5

FITNESS FOCUS:



BACK-UP GAMES:

DESERT ISLAND TAG
 FLAME AND FROZEN
 FITNESS TAG

PLAY → REP IT OUT!

- **EASY:** Tag on the shoulder *only*.
- **MEDIUM:** Freeze in a 1-leg superhero pose.
- **HARD:** Hop on 1 leg.