

## **ASAP/Instant Activity Tag Games**

### **1. Scarf Tag**

- Each student will receive a scarf. Scarves will be placed in the pocket or through a belt loop on the students' shorts/pants. Scarves must be at least halfway out of the pocket and not tied around the belt loop.
- For this game everyone is it. Each student is attempting to grab the scarf of any other student. This is how the students get 'tagged'. Once a student grabs the scarf of another student they must return it immediately to that student, and then continue on to attempt to tag another student. The student whose scarf was taken must complete 10 jumping jacks before returning to the game. They must complete the jumping jacks with scarf in hand. After the exercise is complete they may return the scarf to their pocket/belt loop and continue playing. Students are safe while they are completing an exercise and while returning a scarf.
- Play a round for 1-2 minutes. Have students check their pulse, give positive and constructive feedback, showcase a movement/exercise between rounds.
- **Modifications**
  - Give each student a particular color scarf. Create teams or groups with each color. Allow only certain colors to go after another color.
  - Change the locomotor movement for each round (galloping, skipping, jogging, sliding, hopping, etc.)
  - Change the exercise for each round (jumping jacks, mountain climbers, push ups, curl ups, etc)
- **Reminders**
  - Eyes up, head up
  - Bumpers (two hands up if students get close to another student so they do not collide body to body)

### **2. Turtle Tag**

- Choose two taggers and give them a soft ball, noodle, etc to help distinguish them as taggers and to use as their tagging tool
- This is a variation of freeze tag. All students will be practicing the same designated locomotor movement during each round. If a student is tagged they must lie on the floor with hands and feet in the air, as if they were a turtle who got flipped over on its shell. To get unfrozen, another student who is not a tagger must tap the feet and hands of the frozen student. A student who is unfreezing someone is not allowed to be tagged while being unfrozen, and the unfrozen student gets 2 seconds to stand back up and return to the game.
- Play a round for 1-2 minutes. Have students check their pulse, give positive and constructive feedback, showcase a movement/exercise between rounds.

- Switch taggers for each round. Teacher may pick two new taggers, or allow students to pick two new taggers. To be picked to be a new tagger the students must be sitting criss-cross-applesauce, voices are off, hand is raised.
- **Modifications**
  - Choose more than two taggers if class size is large
  - Make the gameplay area smaller or bigger depending on class size
  - Have students hold a v-sit to target abs when they get tagged. Students tap toes and shoulders for this variation
  - Change locomotor movement for each round
- **Reminders**
  - Look around, tuck chin, and go into turtle mode (tucking chin prevents students from hitting the back of their head on the floor/ground)
  - Remind students not to jump over students who are frozen in turtle mode
  - Eyes up, head up, bumpers (two hands up if students get close to another student so they do not collide body to body)

### 3. (Chinese) Temple Tag

- Choose two taggers and give them a soft ball, noodle, etc to help distinguish them as taggers and to use as their tagging tool
- This is a variation of freeze tag. All students will be practicing the same designated locomotor movement during each round. If a student is tagged they become a Chinese Temple. They must freeze right where they were tagged and remain standing. They will put their hand together above their heads to give themselves a 'roof', and they will widen their feet to just beyond shoulder width to take the shape of a Chinese Temple. To get unfrozen another student must crawl through the legs of the frozen student. A student who is unfreezing another student is safe and not allowed to be tagged. The student who gets unfrozen gets 2 seconds to get ready and get back into the game.
- Play a round for 1-2 minutes. Have students check their pulse, give positive and constructive feedback, showcase a movement/exercise between rounds.
- Switch taggers for each round. Teacher may pick two new taggers, or allow students to pick two new taggers. To be picked to be a new tagger the students must be sitting criss-cross-applesauce, voices are off, hand is raised.
- **Modifications**
  - Instead of crawling through the legs of a frozen student have students bow to the students who are frozen.
  - Change locomotor movements for each round
  - Make gameplay area smaller or larger depending on class size
  - Choose more than 2 taggers depending on class size
- **Reminders**
  - Do not dive or slide through someone's legs
  - Eyes up, head up, bumpers (two hands up if students get close to another student so they do not collide body to body)

#### 4. Spongebob Squarepants Tag

- Choose two taggers and give them a soft ball, noodle, etc to help distinguish them as taggers and to use as their tagging tool. Taggers can be Squidward or Plankton.
- This is a variation of freeze tag. All students will be practicing the same designated locomotor movement during each round. If a student is tagged they become Spongebob. They must freeze and remain standing right where they were tagged. Their arms go out to the side and their elbows are bent at a 90 degree angle to create a square shape. To become unfrozen, another student who is not a tagger must unfreeze them. They do this by standing in front of the frozen student, and they become Patrick. They must put their hand together above their head to make a pointy head like Patrick's, and then they must say "You're free, Spongebob!". They must do this in their best Patrick voice, and they must give a little wiggle as they do so (Students think this is the funniest thing of all time). The student who is unfreezing someone is safe and not allowed to be tagged. The student who gets unfrozen has 2 seconds to get ready and get back in the game.
- Play a round for 1-2 minutes. Have students check their pulse, give positive and constructive feedback, showcase a movement/exercise between rounds.
- Switch taggers for each round. Teacher may pick two new taggers, or allow students to pick two new taggers. To be picked to be a new tagger the students must be sitting criss-cross-applesauce, voices are off, hand is raised.
- **Modifications**
  - Choose more than two students to be taggers depending on class size
  - Increase/decrease gameplay area depending on class size
  - Change locomotor movement for each round
- **Reminders**
  - Eyes up, head up, bumpers (two hands up if students get close to another student so they do not collide body to body)