

TAG ACTIVITIES

DESIGNED
FOR
PHYSICAL EDUCATION
TEACHERS



BY
DALE SIDEBOTTOM

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TAG ACTIVITIES

TAG GAMES CAN BE USED IN A NUMBER OF DIFFERENT SITUATIONS. THEY ARE GREAT FOR WARMING UP A CLASS OUTSIDE, OR IF YOU HAVE A SPARE 20 MINUTES AT THE END OF THE DAY THEY WORK PERFECTLY IN THESE SITUATIONS. ALL THE GAMES LISTED IN THIS EBOOK REQUIRE MINIMAL EQUIPMENT AND ARE EXTREMELY EASY TO SET UP. THE STUDENTS WILL LOVE THE CHANCE TO RESEARCH A TAG GAME THEMSELVES, AND THEN TAKE IT IN TURNS TO TEACH A NEW ONE TO THE CLASS. THIS WILL INCREASE CLASS UNITY AND ALSO IMPROVE STUDENTS' CONFIDENCE AND ORGANISATIONAL SKILLS.

WE HOPE YOU ENJOY
THE AMAZING TAG
ACTIVITIES INSIDE.



BreakAppz



BACK TO FRONT TAG

TAG ACTIVITY

EQUIPMENT

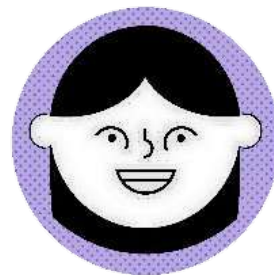
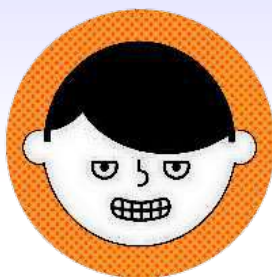
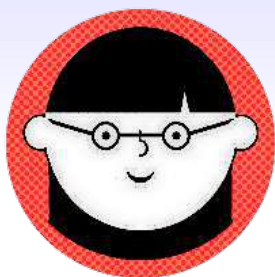
COLOUR BANDS FOR THE STUDENTS THAT ARE TAGGERS.

INSTRUCTIONS

BACK TO FRONT TAG IS BEST PLAYED OUTSIDE IN A LARGE OPEN AREA. THE GAME STARTS WITH THE TEACHER PICKING ONE STUDENT WHO IS 'IT'. THE REST OF THE STUDENTS THAT ARE NOT 'IT' HUDDLE UP IN A GROUP AND COUNT TO TEN WHILE THE 'IT' STUDENT RUNS AWAY.

AFTER THE HUDDLE HAS COUNTED TO TEN, THEY ALL RUN AFTER THE 'IT' STUDENT. WHEN ONE OF THE STUDENTS TAGS THE 'IT' STUDENT, THEN THEY BECOME 'IT' AS WELL AND HAVE TO RUN AWAY FROM ALL THE OTHER

STUDENTS. BACK TO FRONT TAG IS LIKE REGULAR TAG BUT BACKWARDS. IT MAY BE A LITTLE CONFUSING AT THE START, BUT AFTER A COUPLE OF TIMES THE STUDENTS WILL LOVE THE DIFFERENT ASPECT OF THE GAME. BACK TO FRONT TAG IS A GREAT WARM-UP ACTIVITY FOR STUDENTS OUTSIDE.



BreakAppz



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BALANCE TAG

TAG ACTIVITY



EQUIPMENT

ONE BEANBAG PER STUDENT AND A PLASTIC RULER EACH.

INSTRUCTIONS

THE GAME STARTS WITH STUDENTS PLACING A BEANBAG ON THEIR HEADS AND BALANCING IT WITHOUT USING THEIR HANDS. THE TEACHER THEN PICKS ONE STUDENT TO BE THE TAGGER, AND THEY HOLD THE PLASTIC RULER. THE REST OF THE STUDENTS MUST CONCENTRATE ON MOVING AROUND WITHOUT THE BEANBAG FALLING OFF THEIR HEAD. IF A STUDENT'S BEANBAG FALLS OFF, THEY MUST STOP AND REPLACE THE BEANBAG ON TOP OF THEIR HEAD. IF A PLAYER IS TAGGED WITH THEIR BEANBAG ON THEIR HEAD THEY SIMPLY SWAP THE BEANBAG FOR THE PLASTIC RULER AND CHANGE ROLES. IF A STUDENT IS TAGGED WITHOUT THEIR BEANBAG RESTING ON THEIR HEAD YOU CAN INTRODUCE A PENALTY SYSTEM, LIKE FIVE STAR JUMPS, FIVE PUSH-UPS, FIVE SIT-UPS OR ANYTHING YOUR CLASS CAN COME UP WITH. YOU CAN ALSO MAKE THE GAME ELIMINATION, SO IF A STUDENT IS TAGGED THEY STAND TO THE SIDE UNTIL ONLY ONE STUDENT IS LEFT WHO IS CROWNED THE WINNER. THIS IS A FUN GAME FOR MIDDLE SCHOOL STUDENTS AND UP.



BreakAppz



@DALESIDEBOTTOM

Ball Tag

Tag Activity

Equipments

FOUR CONES TO MARK 10M X 10M SQUARE AND TWO BALLS FOR THE TAGGERS.

Instructions

THE TEACHER PICKS TWO STUDENTS WHO ARE THE TAGGERS AND ARE EACH GIVEN A BALL. THE OTHER STUDENTS SPREAD OUT IN THE PLAYING SQUARE. THE TAGGERS THEN RUN AROUND AND TRY AND TAG THE STUDENTS WITH THE BALL. IF A STUDENT IS TAGGED THEN THEY BECOME THE TAGGER AND TAKE THE BALL AND TRY AND TAG OTHER STUDENTS. IF YOU WANT TO HAVE A WINNER, ONCE A STUDENT IS TAGGED THEY ARE OUT AND STAND ON THE SIDE WITH THE TEACHER.



BRIDGE TAG

tag activity

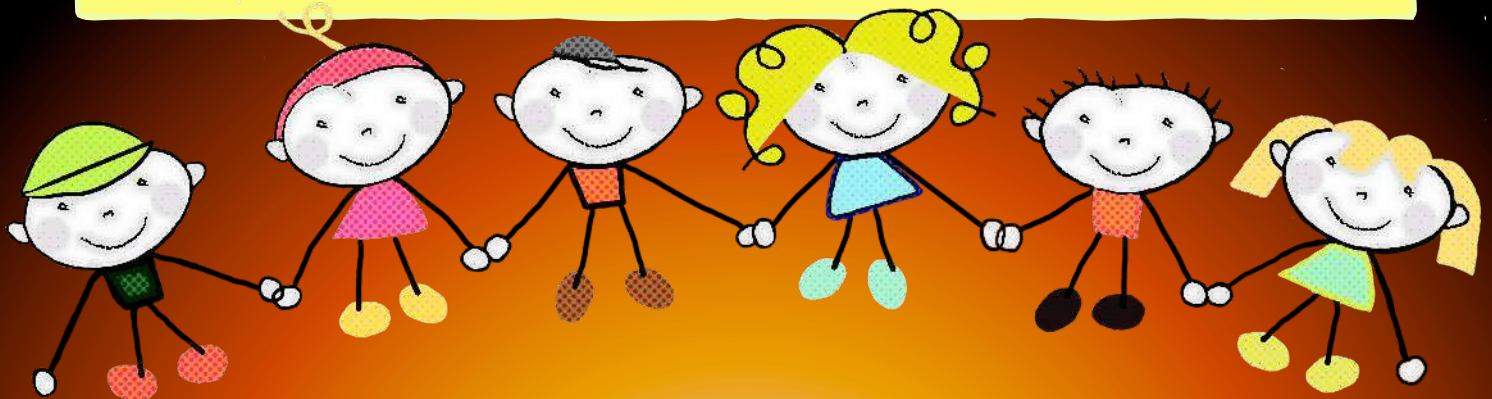


equipment

FOUR CONES TO MAKE A 10M X 10M SQUARE AND COLOUR BANDS FOR TAGGERS.

instructions

THE TEACHER PICKS TWO OR THREE STUDENTS TO BE TAGGERS. THE REST OF THE STUDENTS SPEED WALK WHILE TAGGERS CHASE AND TRY TO TAG AS MANY STUDENTS AS POSSIBLE. WHEN TAGGED, STUDENTS STRETCH ARMS AND FORM A BRIDGE ON THE GROUND WITH HANDS AND FEET. TWO TAGGED STUDENTS CAN ALSO WORK TOGETHER TO FORM A STANDING BRIDGE. BRIDGES REJOIN THE GAME AFTER ANY STUDENT CRAWLS OR RUNS UNDER THE BRIDGE. CHALLENGE STUDENTS TO FREE AS MANY BRIDGES AS THEY CAN. STOP THE GAME EVERY FEW MINUTES TO CHANGE TAGGERS, AND TO ASK STUDENTS HOW MANY "BRIDGES" THEY WENT UNDER. CHALLENGE STUDENTS TO TRY TO BREAK PERSONAL RECORDS SO THE FOCUS OF THE GAME IS HELPING OTHERS.



BreakAppz



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CATEGORY TAG

TAG ACTIVITY



EQUIPMENT

COLOUR BANDS AND CONES TO MARK 10M X 10M PLAYING AREA.

INSTRUCTIONS

THE TEACHER PICK TWO STUDENTS TO BE TAGGERS, AND BOTH THESE STUDENTS NEED TO PLACE A COLOUR BAND ON. ALL OTHER STUDENTS SPREAD OUT IN THE PLAYING AREA. THE GAME STARTS AND THE TWO TAGGERS RUN AROUND AND TRY AND TAG AS MANY STUDENTS AS THEY CAN. IF A STUDENT IS ABOUT TO BE TAGGED BY ONE OF THE TAGGERS, THEY CAN SQUAT DOWN AND SAY THEIR FAVOURITE TV SHOW (YOU CAN CHOOSE ANY CATEGORY YOU LIKE, TV SHOWS IS JUST A FUN AND EASY TOPIC). SOME EXAMPLES COULD BE 'HOME AND AWAY', 'THE SIMPSONS', 'POWER RANGERS' AND MANY MORE. WHILE STUDENTS ARE SQUATTING THEY CANNOT BE TAGGED. THESE STUDENTS CAN ONLY SQUAT FOR THREE SECONDS, AND THE TAGGERS CANNOT STAND BY AND WAIT FOR THESE STUDENTS TO GET UP, THEY MUST RUN OFF AND TRY TO TAG SOMEONE ELSE. THE ONLY RULE IS THAT THE CLASS CAN'T SAY THE SAME SHOW TWICE. IF A STUDENT SAYS A SHOW THAT HAS ALREADY BEEN SAID THEN THEY BECOME A TAGGER. A VARIATION FOR THIS GAME IS YOU CAN CHANGE THE TOPIC FROM TV SHOWS TO ANYTHING. FOR EXAMPLE, IF YOU HAVE BEEN STUDYING A TOPIC, LIKE CAPITAL CITIES OR ANCIENT ROME USE THAT AS THE TOPIC. WHEN A STUDENT SQUATS DOWN THEY HAVE TO SAY SOMETHING ABOUT THE TOPIC YOU HAVE BEEN STUDYING TO STAY IN THE GAME.



BreakAppz



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CHAOS TAG

TAG ACTIVITY

EQUIPMENT

SMALL OBJECTS.

INSTRUCTIONS

SPLIT THE STUDENTS INTO TWO EVEN TEAMS. EACH TEAM STARTS IN THEIR OWN HALF OF THE PLAYING AREA. THE STUDENTS' AIM IS TO CROSS THEIR OPPOSITION'S END LINE WHICH IS A SAFE ZONE, WHERE THEY CANNOT BE TAGGED. THE STUDENTS THEN TRY TO PICK UP ONE OF THE SMALL OBJECTS AND RUN IT BACK TO THEIR OWN END LINE WITHOUT BEING TAGGED BY AN OPPONENT. IF THEY ARE TAGGED THEY STAND ON THE SPOT LIKE A SCARECROW UNTIL A TEAMMATE CRAWLS THROUGH THEIR LEGS TO FREE THEM. THE TEAM WHO STEALS ALL THE OBJECTS FROM THE OTHER TEAM FIRST WINS.



BreakAppz



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colour splash tag

TAG ACTIVITY

EQUIPMENT

CONES TO MARK OUT 10M X 10M PLAYING AREA.

INSTRUCTIONS

THE TEACHER STARTS BY NOMINATING ONE STUDENT TO BE THE 'COLOUR SPLASH TAGGER'. THIS STUDENT WILL STAND IN THE MIDDLE OF THE 10M X 10M PLAY AREA. THEN THE TEACHER WILL ASSIGN ALL THE REMAINING STUDENTS DIFFERENT COLOURS OF THE RAINBOW. DEPENDING ON THE SIZE OF THE CLASS, FOUR OR MORE COLOURS WORK BEST. SOME EXAMPLES COULD BE RED, ORANGE, YELLOW, GREEN, BLUE AND PURPLE. WHEN ASSIGNING THE COLOURS DON'T LET THE RAINBOW CATCHER HEAR WHAT COLOURS EACH STUDENT HAS BEEN GIVEN. THE GAME STARTS WHEN THE 'COLOUR SPLASH TAGGER' CALLS OUT A COLOUR. ALL THE STUDENTS THAT HAVE BEEN ASSIGNED THAT COLOUR TRY AND RUN PAST THE TAGGER TO THE OTHER SIDE OF THE PLAY AREA. THE 'COLOUR SPLASH TAGGER' TRIES TO TAG AS MANY STUDENTS AS THEY CAN BEFORE THEY REACH THE OTHER SIDE.

THE STUDENTS WHO ARE TAGGED BECOME 'COLOUR SPLASH TAGGERS' AND STAND IN THE MIDDLE TO HELP TAG OTHER STUDENTS ON THE NEXT ROUND. SOMETIMES THE 'COLOUR SPLASH TAGGER' CAN YELL "RAINBOW" AND ALL THE STUDENTS MUST TRY AND REACH THE OTHER SIDE. THE LAST STUDENT LEFT BECOMES THE 'COLOUR SPLASH TAGGER' FOR THE NEXT GAME AND IS THE WINNER.



BreakAppz



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COLOUR TAG

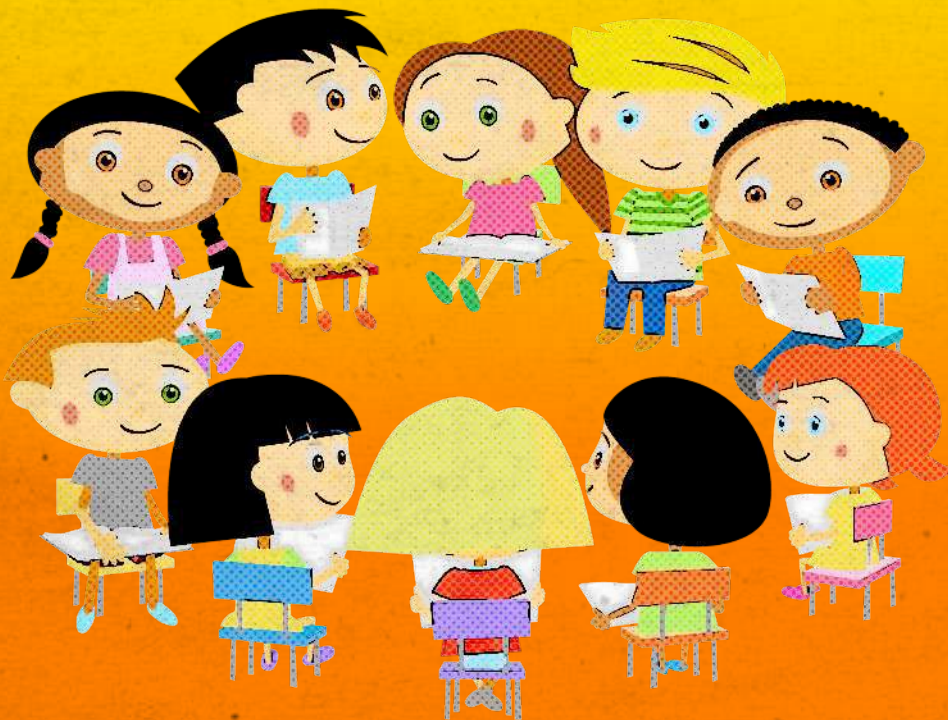
TAG ACTIVITY

EQUIPMENT

FOUR SETS OF DIFFERENT COLOUR BANDS AND CONES TO MAKE HOLDING CELL.

INSTRUCTIONS

SPLIT THE CLASS INTO FOUR EVEN TEAMS. GIVE EACH TEAM A DIFFERENT COLOURED BAND; COLOURS CAN BE YELLOW, BLUE, RED AND GREEN. THE TEACHER CALLS A COLOUR AND THAT GROUP TRIES TO TAG ANY OF THE THREE OTHER COLOURS. IF TAGGED, THEN THE STUDENTS WAIT IN A HOLDING CELL IN THE MIDDLE OF THE COURT FOR A HIGH FIVE FROM ANOTHER TEAMMATE. AFTER A MINUTE, SEE HOW MANY ARE IN THE HOLDING CELL AND THAT'S HOW MANY POINTS THAT COLOUR GROUP ARE AWARDED. CALL A NEW COLOUR EACH TIME.



BreakAppz



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creepy creepy tag

Tag Activity



EQUIPMENT

CONES TO MARK A 10M X 10M PLAYING AREA AND 15 HULA HOOPS.

INSTRUCTIONS

DIVIDE THE CLASS INTO TWO EVEN GROUPS. START ONE GROUP OF STUDENTS ON A DESIGNATED START LINE AND THE OTHER GROUP ON HULA HOOPS OR MARKED PLACES IN THE PLAYING AREA. THE STUDENTS ON THE START LINE ARE THE 'CREEPERS' AND THE OTHERS ARE THE 'TAGGERS'. ON A SIGNAL, THE CREEPERS MOVE WHILE THE TAGGERS TRY TO GET TO THE OTHER END WITHOUT BEING TAGGED. CREEPERS MUST STAY INSIDE THE PLAYING AREA. THE TAGGERS MUST KEEP AT LEAST ONE FOOT IN CONTACT WITH THEIR SPOT. IF A CREEPER IS TAGGED THEY RUN AROUND THE OUTSIDE OF THE PLAYING AREA AND BACK TO THE STARTING PLACE TO START AGAIN. PLAY FOR TWO MINUTES, AND THEN SWAP ROLES. TO MAKE IT A CHALLENGE COUNT HOW MANY TAGS EACH TEAM MAKES SO YOU HAVE A WINNER AT THE END.



BreakAppz



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DEAD MUMMY TAG

TAG ACTIVITY



EQUIPMENT



CONES TO MARK OUT 10M X 10M PLAYING AREA.

INSTRUCTIONS

THE GAME STARTS WITH THE TEACHER PICKING TWO STUDENTS TO BE TAGGERS; THEY BOTH NEED TO PLACE A COLOUR BAND ON. IF A STUDENT IS TAGGED, THEY MUST LIE ON THE FLOOR AND ACT LIKE DEAD MUMMIES WITH THEIR HANDS AND FEET IN THE AIR. IN ORDER TO SAVE THE DEAD MUMMIES FOUR DIFFERENT STUDENTS MUST GRAB AN ARM AND LEG AND DRAG THE DEAD MUMMIES TO THE HOSPITAL. THE HOSPITALS ARE THE FOUR GYMNASTICS MATS WHICH ARE SPREAD OUT OVER THE PLAYING AREA. IF A STUDENT IS SAVING A DEAD MUMMY THEY CANNOT BE TAGGED. PLAY THE GAME FOR ONE MINUTE, THEN SWAP TAGGERS SO A DIFFERENT STUDENT GETS THE OPPORTUNITY TO BE DEAD MUMMIES AND TAGGERS. IT IS IMPORTANT TO MAKE SURE THE STUDENTS ARE CAREFUL WHEN THEY ARE MOVING THE DEAD MUMMIES TO THE HOSPITALS; THEY NEED TO BE CAREFUL LIFTING AND CARRYING THE STUDENTS. THIS IS A FUN WARM-UP ACTIVITY THAT THE CLASS WILL ENJOY PLAYING.



BreakAppz



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Egyptian Tag

TAG ACTIVITY



INSTRUCTIONS

PICK TWO STUDENTS TO BE THE MUMMIES, WHO ARE THE TAGGERS. THE TWO MUMMIES THEN RUN AROUND AND TRY AND TAG THE REST OF THE STUDENTS WHO ARE CALLED EGYPTIANS. IF AN EGYPTIAN IS CLOSE TO GETTING TAGGED, THEY CAN ADOPT AN EGYPTIAN POSE WITH THEIR ARMS TO THE SIDE AND ONE LEG OFF THE GROUND. WHILE THEY ARE BALANCING IN THIS POSITION THEY CANNOT BE TAGGED. THEY REMAIN SAFE AS LONG AS THEY CAN BALANCE IN THE EGYPTIAN POSE. IF THE POSE IS EASY, AND YOUR CLASS CAN BALANCE LIKE THIS FOR LONG PERIODS, MAKE IT HARDER. AFTER TWO MINUTES, ROTATE THE MUMMIES SO OTHER STUDENTS CAN HAVE A GO.



BreakAppz



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FALLING SHEEP TAG

TAG ACTIVITY



EQUIPMENT

COLOUR BANDS AND CONES TO MARK A 10M X 10M PLAYING AREA.

INSTRUCTIONS

THE TEACHER PICKS ONE STUDENT TO BE THE SHEPHERD. THE SHEPHERD PLACES A COLOUR BAND ON AND IS THE TAGGER FOR THE GAME. THE REST OF THE STUDENTS ARE CALLED SHEEP. IF THE SHEPHERD TAGS A SHEEP THEN THEY ARE 'IT' AND BECOME SHEPHERDS AS WELL. THE SHEEP CAN FALL TO THE GROUND TO AVOID BEING TAGGED FOR UP TO FIVE SECONDS. AS LONG AS THEY ARE ON THE GROUND, THEY ARE SAFE FROM THE SHEPHERDS. THE SHEEP CAN'T FALL TO THE GROUND UNLESS THE SHEPHERD IS TWO METRES AWAY OR CLOSER. THE LAST SHEEP LEFT IS THE WINNER. THIS IS A GREAT GAME FOR STUDENTS OF ALL AGES.



BreakAppz



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HEAD, BUTT, TAG TAG ACTIVITY



EQUIPMENT

CONES TO MARK A SQUARE OUTSIDE 10M X 10M. IF PLAYING INSIDE THE CLASSROOM, MOVE THE DESKS AND CHAIRS TO THE WALLS AND USE THE MIDDLE AREA TO PLAY.

INSTRUCTIONS

THE CLASS IS SPLIT INTO TWO WITH ONE GROUP BEING THE HEADS AND THE OTHER THE BUTTS. HEADS MUST HAVE BOTH HANDS ON THEIR HEADS WHILE THE BUTTS MUST HAVE THEIR HANDS ON THEIR BOTTOMS. THE AIM IS FOR THE HEADS AND THE BUTTS TO TAG AS MANY OF THEIR OPPOSITES AS THEY CAN. WHEN YOU HAVE BEEN TAGGED YOU CHANGE TO WHAT YOUR TAGGER WAS; FOR EXAMPLE, A BUTT CHANGES TO A HEAD WHEN TAGGED. THE AIM IS TO TRY AND GET EVERYONE ON THE ONE TEAM.



BreakAppz



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hospital tag

TAG ACTIVITY



EQUIPMENT

FOUR CONES TO MAKE 10M X 20M SQUARE AND
TWO COLOUR BANDS FOR THE TAGGERS.

INSTRUCTIONS

PICK TWO DOCTORS WHO WEAR THE COLOUR BANDS AND THEY ARE THE TAGGERS. THEY STAND IN THE MIDDLE OF THE PLAYING AREA. THE REST OF THE CLASS ARE PATIENTS. THEY HAVE TO TRY AND RUN PAST THE DOCTORS WITHOUT BEING TAGGED. IF A PATIENT IS TAGGED THEY NEED TO HOLD THAT AREA WITH ONE OF THEIR HANDS. NEXT TIME THEY ARE TAGGED THEY NEED TO HOP ON ONE LEG. THE THIRD TIME THEY ARE TAGGED THEY ARE OUT AND THEY SIT AND WATCH.



BreakAppz



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Hug Tag

TAG ACTIVITY



INSTRUCTIONS

IN THIS ACTIVITY THERE ARE TWO TAGGERS; WHEN A TAGGER TAGS YOU SWAP ROLES AND BECOME THE TAGGER. THERE CAN ONLY BE TWO TAGGERS AT ONE TIME. STUDENTS CAN'T BE TAGGED IF THEY ARE HUGGING SOMEONE. STUDENTS ARE ALSO NOT ALLOWED TO HUG THE SAME PERSON TWICE IN A ROW, AND MUST TRY AND HUG EVERYONE. STUDENTS CAN ONLY HOLD A HUG FOR THREE SECONDS BEFORE THEY HAVE TO MOVE ON. IF THE GAME HAS BEEN GOING FOR A WHILE YOU CAN SAY THAT WHEN YOU ARE TAGGED YOU ARE ELIMINATED INSTEAD OF BECOMING A TAGGER; THAT WAY YOU WILL FINISH WITH A WINNER. THIS GAME WORKS BEST OUTDOORS.



BreakAppz



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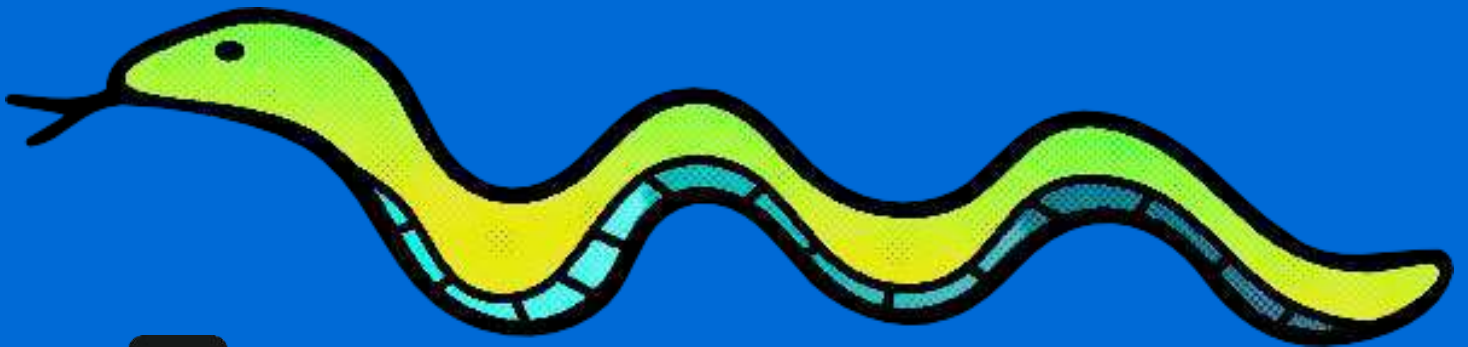
KILLER PYTHON TAG

TAG ACTIVITY



INSTRUCTIONS

THIS IS A GREAT TEAM-BUILDING AND WARM-UP TAG GAME. THE AIM OF THIS GAME IS TO MAKE SURE YOU DON'T LET THE HEAD CATCH THE TAIL OF THE KILLER PYTHON. THE TEACHER NEEDS TO CHOOSE TWO STUDENTS, ONE TO BE THE HEAD AND ONE TO BE THE TAIL OF THE KILLER PYTHON. THE STUDENTS THEN LINE UP IN SINGLE FILE BEHIND THE HEAD WITH THEIR HANDS ON THE STUDENT IN FRONT'S HIPS; THE STUDENT WHO IS THE TAIL WILL BE THE LAST IN LINE. THE GAME STARTS WHEN THE HEAD STUDENT SAYS "GO!" THE KILLER PYTHON BEGINS TO FOLLOW THE HEAD WHILE THE HEAD TRIES TO TAG THE TAIL. THE STUDENTS IN THE MIDDLE MOVE AROUND TO KEEP THE HEAD FROM GETTING THE TAIL. THE KILLER PYTHON CANNOT COME APART. IF THE HEAD GETS THE TAIL THEN THE HEAD BECOMES THE NEW TAIL AND THE NEXT STUDENT IN THE KILLER PYTHON BECOMES THE NEW HEAD.



BreakAppz



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LEAP FROG TAG

TAG ACTIVITY



EQUIPMENT

FOUR CONES TO MARK 10M X 10M SQUARE.

INSTRUCTIONS

THE TEACHER NEEDS TO PICK TWO STUDENTS TO BE THE TAGGERS. THE REST OF THE STUDENTS SPREAD OUT IN THE PLAYING AREA. THE TWO FROG CATCHERS CHASE THE FROGS. WHEN A CHASER CATCHES A FROG, THE FROG IS FROZEN INTO A FROG POSITION UNTIL ANOTHER FROG LEAPFROGS OVER THE TOP OF THEM, THEN THEY ARE BACK IN THE GAME. PLAY FOR ONE MINUTE, AND THEN SWAP THE ROLES OF THE FROG CATCHERS AND THE FROGS.



BreakAppz



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LINE TAG

TAG ACTIVITY



EQUIPMENT

TWO COLOUR BANDS FOR THE TAGGERS.

INSTRUCTIONS

LINE TAG NEEDS TO BE PLAYED ON AN INDOOR OR OUTDOOR COURT WITH LINES. THE TEACHER PICKS TWO STUDENTS TO BE TAGGERS, AND THEY BOTH WEAR A COLOUR BAND EACH. THE REST OF THE CLASS SPREADS OUT ON THE COURT. THE ONLY RULE IS THAT PLAYERS CAN ONLY STEP ON THE LINES ON THE COURT. IF THEY MISS THE LINES THEY ARE OUT. THE TAGGERS ARE THE SAME AND HAVE TO STAY ON THE LINES. STUDENTS WHO ARE TAGGED CAN EITHER BE ELIMINATED, OR THEY SIT DOWN ON THE LINE WHERE THEY HAVE BEEN TAGGED. THIS THEN MEANS THAT THE STUDENTS STILL IN THE GAME CANNOT JUMP THE STUDENTS SITTING DOWN, ONLY THE TAGGERS CAN. THE WINNER IS THE LAST STUDENT LEFT.



BreakAppz



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MEMORY TAG

TAG ACTIVITY



INSTRUCTIONS

ALL STUDENTS IN MEMORY TAG ARE TAGGERS. IF A STUDENT IS TAGGED THEY MUST BOB DOWN ON THE SPOT THEY WERE TAGGED. THEY HAVE TO REMEMBER WHO TAGGED THEM. WHEN ANOTHER STUDENT TAGS THE STUDENT WHO TAGGED THEM THEY ARE FREE TO JOIN THE GAME AGAIN. IF TWO STUDENTS TAG EACH OTHER AT THE SAME TIME, USE PAPER, SCISSORS, ROCK TO SEE WHO HAS TO BOB DOWN.



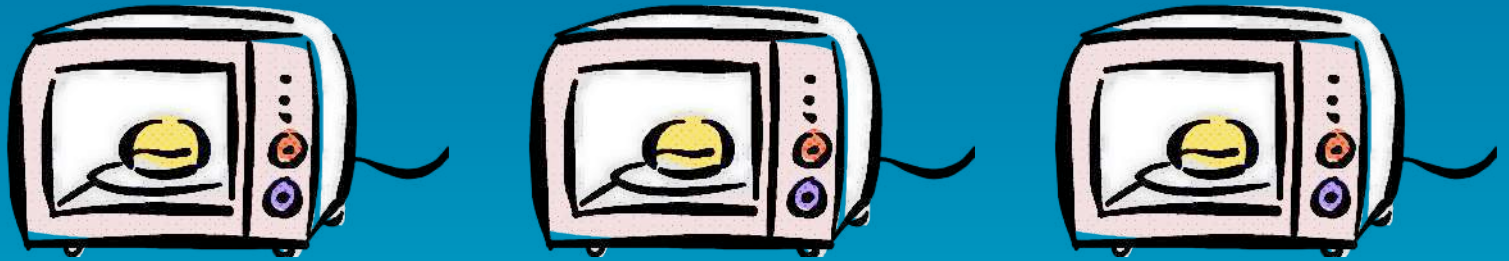
BreakAppz



@DALESIDBEOTTOM

Microwave Tag

TAG ACTIVITY



EQUIPMENT

COLOUR BANDS FOR TAGGERS AND CONES TO MARK PLAYING AREA.

INSTRUCTIONS

THE GAME STARTS WITH THE TEACHER PICKING TWO STUDENTS TO BE TAGGERS. BOTH TAGGERS WILL BE GIVEN A COLOUR BAND EACH. WHEN THE GAME STARTS, IF ONE OF THE TWO TAGGERS TAG ANOTHER STUDENT, THAT STUDENT MUST BEGIN TO 'MELT DOWN LIKE A CANDLE IN A MICROWAVE' BY LOWERING THEMSELVES TO THE GROUND SLOWLY. IF ANOTHER STUDENT TOUCHES THE STUDENT MELTING BEFORE THEY REACH THE GROUND THEY ARE FREE TO RUN AROUND AGAIN. IF THEY MELT ALL THE WAY TO THE GROUND THEN THEY BECOME ANOTHER TAGGER AND PUT ON A COLOUR BAND. PLAY CONTINUES UNTIL ONLY ONE STUDENT IS LEFT, WHO IS THE WINNER. THE 'MELTING DOWN IN A MICROWAVE' SHOULD LAST ABOUT FIVE SECONDS. IF YOU ARE PLAYING WITH YOUNGER STUDENTS YOU CAN MAKE THE MELTING-DOWN TIME LONGER SO THEY HAVE MORE TIME.



BreakAppz



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NOSE & TOE TAG

TAG ACTIVITY

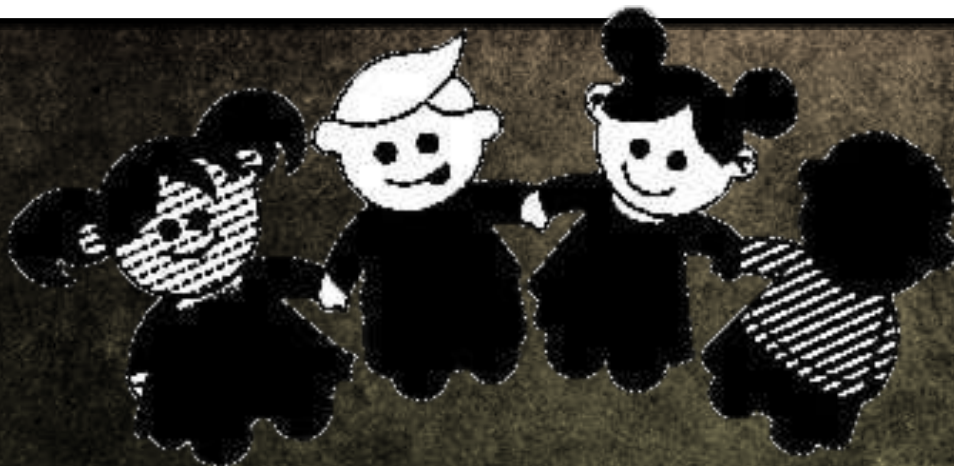


EQUIPMENT

FOUR CONES TO MARK 10M X 10M SQUARE AND TWO COLOUR BANDS FOR THE TAGGERS.

INSTRUCTIONS

TWO STUDENTS ARE PICKED TO BE THE TAGGERS, THE OTHER STUDENTS SPREAD OUT IN THE PLAYING SQUARE. STUDENTS CAN AVOID BEING TAGGED IF THEY ARE STANDING ON ONE FOOT HOLDING THEIR NOSE WITH ONE HAND AND THEIR FOOT WITH THE OTHER. IF TAGGED WHEN NOT IN THIS POSITION THEY BECOME THE NEW TAGGER, AND SWAP WITH THE STUDENT WHO TAGGED THEM. THE TAGGERS ARE NOT ALLOWED TO PUSH STUDENTS OFF BALANCE, BUT THEY CAN WAIT MOMENTARILY TO SEE IF THEY LOSE BALANCE AND TAG THEM THEN. NOSE & TOE TAG IS A FUN GAME TO WARM UP AND IMPROVE BALANCE.



BreakAppz



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NOVELTY TAG

TAG ACTIVITY

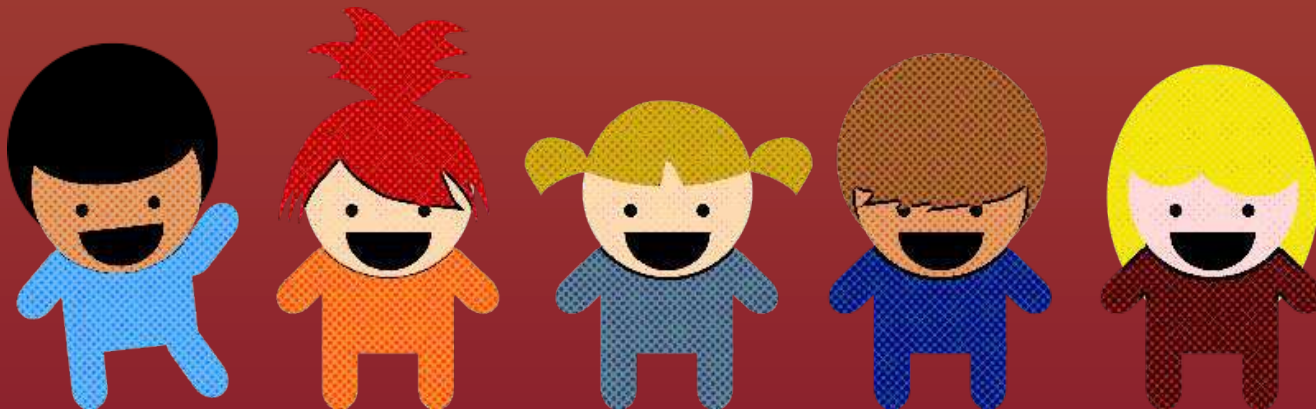
EQUIPMENT

FOUR SETS OF DIFFERENT COLOUR BANDS



INSTRUCTIONS

NOVELTY TAG IS A GAME YOU CAN PLAY ANY TIME OF THE YEAR BY INTERCHANGING THE CAST OF CHARACTERS EACH SEASON. PLACE THE STUDENTS IN A SQUARE FORMATION. GIVE EACH LINE A HOLIDAY NAME (ROAST CHICKEN, XMAS PRESENTS, EASTER EGGS, PLUM PUDDING, ETC.) THE TEACHER CALLS ONE GROUP TO TAG IN THE CENTRE WHILE THE OTHERS ARE CALLED ONE NAME AT A TIME TO RUN TO THE OTHER SIDE OF THE PLAYING AREA. IF TAGGED THE STUDENTS RETURN TO THE START LINE, AND IF THEY MAKE IT TO THE OTHER END THEY STAY ON THE OTHER CONTACT LINE. CALL A NEW GROUP EACH TIME UNTIL ALL STUDENTS HAVE HAD A TURN.



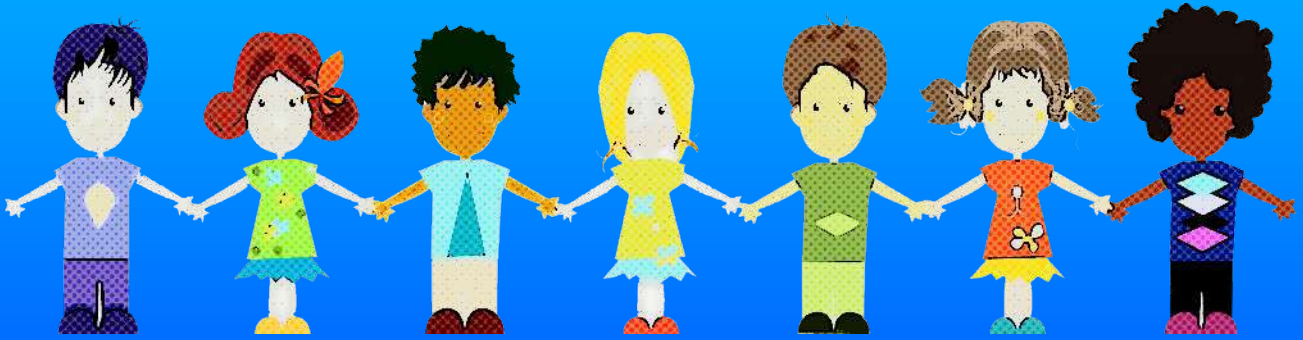
BreakAppz



@DALESIDEBOTTOM

REFRIGERATOR TAG

TAG ACTIVITY



EQUIPMENT

10 CONES AND FOUR SIGNS.

INSTRUCTIONS

THIS IS A FUN WARM-UP GAME THE CLASS PLAYS TOGETHER. THE TEACHER PICKS FOUR OBJECTS THAT ARE PLACED IN EACH CORNER OF THE SPORTS HALL. THE FOUR OBJECTS ARE, 'DON'T LIKE IT', 'I LOVE IT', 'IT'S OKAY', 'NEVER TRIED IT'. PICK A STUDENT TO BE 'IT' AND THEY STAND IN THE MIDDLE AND THE OTHER STUDENTS STAND ON ANY BASE THEY WANT. THE 'IT' STUDENT CALLS OUT THE NAME OF A FOOD. STUDENTS THEN HAVE TO RUN TO THE BASE THAT BEST DESCRIBES HOW THEY FEEL ABOUT THAT FOOD. THE 'IT' STUDENTS TRIES TO TAG A STUDENT BEFORE THEY REACH THEIR CHOICE IN THE CHOSEN CORNER. IF A STUDENT IS TAGGED THEY SWAP POSITIONS WITH THE 'IT' STUDENT AND THE GAME STARTS AGAIN.



BreakAppz



@DALESIDEBOTTOM

REWARD TAG

TAG ACTIVITY



EQUIPMENT

FOUR CONES TO MARK 10M X 10M SQUARE.

INSTRUCTIONS

HALF OF THE STUDENTS START INSIDE THE PLAYING SQUARE, WHILE THE OTHER HALF ARE LINED UP ON THE SIDE OF THE SQUARE READY FOR THEIR TURN. THE TEACHER LETS ONE STUDENT IN AT A TIME. THAT STUDENT HAS 10 SECONDS TO TAG SOMEONE. IF THIS STUDENT DOES TAG SOMEONE, THE TAGGED STUDENT LEAVES THE GAME AND RUNS AROUND THE COURT, LINING UP AT THE END OF THE LINE. IF 10 SECONDS GO BY AND NO ONE IS CAUGHT, THE TAGGER EXITS AND DOES THE SAME. LINES TURN OVER RAPIDLY. TASKS CAN BE SET UP ALONG THE WAY FOR STUDENTS IN THE LINE WAITING, SUCH AS JUMP ROPE, PUSH-UPS, SIT-UPS, JUMPING JACKS AND SO ON.



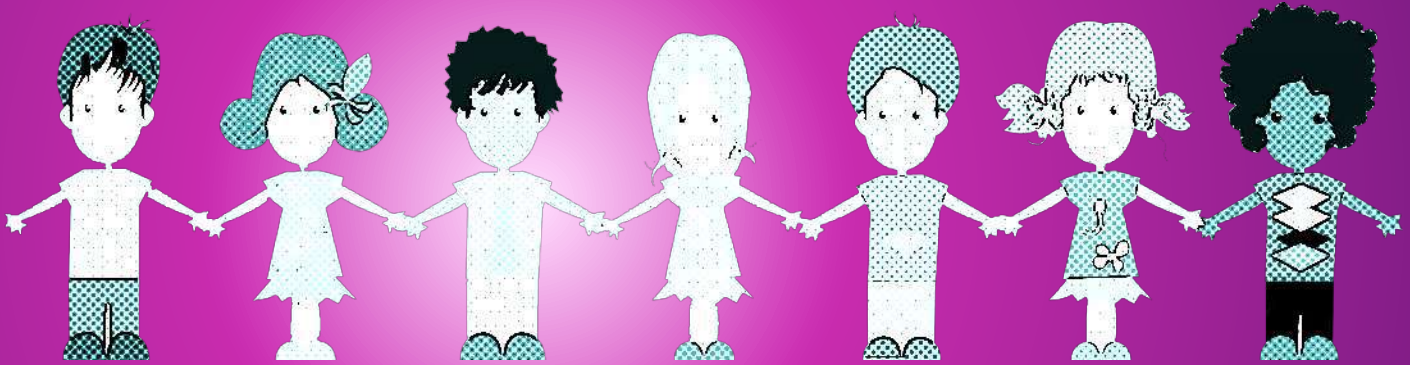
BreakAppz



@DALESIDEBOTTOM

SECRECY TAG

TAG ACTIVITY



EQUIPMENT

CONES TO MARK OUT A 10M X 10M PLAYING AREA.

INSTRUCTIONS

THE GAME STARTS WITH ALL THE STUDENTS LINING UP IN A START LINE. THE TEACHER THEN PICKS THREE STUDENTS TO COME OUT THE FRONT. THE TEACHER PICKS THE THREE STUDENTS TO BE A TAGGER, A NORMAL PLAYER AND A DOCTOR. THE TEACHER IS THE ONLY ONE WHO KNOWS WHICH STUDENT IS PLAYING EACH ROLE. THE TEACHER THEN WHISPERS TO ONE STUDENT THAT THEY ARE 'IT', TO THE SECOND STUDENT THAT THEY ARE 'A NORMAL PLAYER', AND TO THE THIRD, THEY ARE 'THE DOCTOR'. THE DOCTOR IS THE ONLY STUDENT WHO CAN FREE STUDENTS THAT HAVE BEEN TAGGED BY THE 'IT' STUDENT. ONCE THE THREE STUDENTS HAVE BEEN PICKED, AND THEY UNDERSTAND WHAT THEIR ROLE IS, THE TEACHER THEN STARTS THE GAME. AFTER A MINUTE THE TEACHER STOPS THE GAME AND ASKS THE CLASS TO IDENTIFY THE 'IT' STUDENT AND 'THE DOCTOR'. THEN START THE GAME ALL OVER, BY PICKING THREE NEW STUDENTS TO PLAY THE THREE ROLES. SECRECY TAG CAN BE PLAYED BY STUDENTS OF ALL AGES.



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SKUNK TAG

TAG ACTIVITY

EQUIPMENT

SIX HULA HOOPS AND TWO COLOUR BANDS FOR THE SKUNKS.

INSTRUCTIONS

PICK TWO STUDENTS TO BE THE SKUNKS, THE REST ARE SCATTERED IN THE PLAYING AREA.

PLACE FOUR HULA HOOPS AT THE FOUR CORNERS OF THE PLAYING AREA, WHICH ARE SAFETY ZONES. STUDENTS CAN STAY 20 SECONDS IN A SAFETY ZONE, OR UNTIL ANOTHER STUDENT STEPS INTO THE HOOP FOLLOWING THEM. ONLY ONE STUDENT IS ALLOWED IN A HOOP AT A TIME. PLACE ONE IN THE MIDDLE, WHICH IS THE SKUNK'S HOME. THE TWO SKUNKS ARE PLACED IN THE CENTRE TO BEGIN THE GAME. ON THE GO SIGNAL, THE SKUNKS CHASE AND TRY TO TAG THE STUDENTS. IF SUCCESSFUL, THEY CHANGE PLACES. THE NEW SKUNK MUST RUN TO THE CENTRE HOOP AND YELL, "NEW SKUNK!" BEFORE CHASING OTHER STUDENTS.



BreakAppz



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SNOWBALL TAG

TAG ACTIVITY

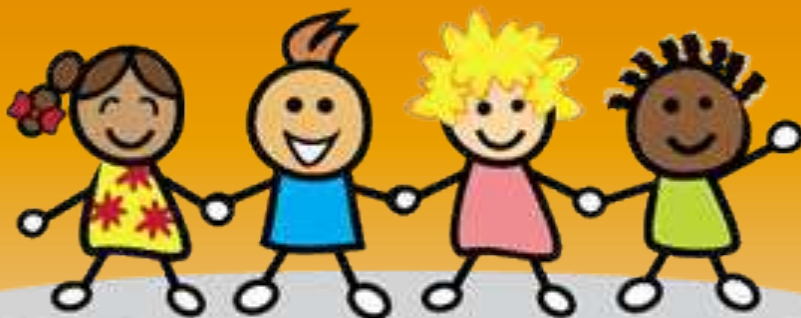


EQUIPMENT

ONE TENNIS BALL PER STUDENT AND FOUR CONES TO MARK A 10M X 10M SQUARE.

INSTRUCTIONS

THE STUDENTS ALL START THE GAME IN THE 10M X 10M SQUARE. THE TENNIS BALLS ARE PLACED TOGETHER ON THE EDGE OF THE SQUARE. THE TEACHER PICKS ONE STUDENT TO BE THE TAGGER, AND THEY START WITH ONE BALL. THE TAGGER THEN RUNS AROUND THE SQUARE TRYING TO TAG OTHER STUDENTS WITH THE BALL; THEY ARE NOT ALLOWED TO THROW THE BALL AND HAVE TO TAG STUDENTS BELOW SHOULDERS. ONCE A STUDENT HAS BEEN TAGGED THEY NEED TO PICK UP A BALL AND THEN THEY TRY AND TAG OTHER STUDENTS. THE LAST PLAYER LEFT IS THE WINNER. ONCE ALL STUDENTS HAVE BEEN TAGGED AND ARE HOLDING A BALL, THE ONLY STUDENT WHO DOES NOT HAVE A BALL BECOMES THE TAGGER. THIS STUDENT THEN TAGS STUDENTS WITH A BALL; WHEN STUDENTS ARE TAGGED THEY PLACE THE BALL BACK IN THE CORNER AND TRY AND TAG STUDENTS WITH A BALL. THE WINNER IS THE LAST STUDENT WITH A BALL.



BreakAppz



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STAR WARS TAG

TAG ACTIVITY

EQUIPMENT

FOUR CONES TO MARK 10M X 20M SQUARE AND TWO COLOUR BANDS FOR THE TAGGERS.

INSTRUCTIONS

AS THE NAME SUGGESTS, THIS TAG GAME IS BASED ON THE MOVIE STAR WARS. THE TEACHER NEEDS TO SELECT ONE STUDENT TO BE DARTH VADER, AND THREE STUDENTS TO BE STORMTROOPERS (HELPERS) WHO STAND ACROSS THE MIDDLE OF THE PLAY AREA. THEN DIVIDE THE REST OF THE CLASS INTO TWO TO FOUR GROUPS (DEPENDING ON NUMBER OF PARTICIPANTS): LUKE SKYWALKERS, CHEWBACCA, 3CPOS, R2D2S. THESE GROUPS STAND SIDE BY SIDE AT ONE END LINE FACING DARTH VADER AND THE STORMTROOPERS WHO ARE IN THE MIDDLE OF THE PLAYING AREA. DESIGNATE AN AREA JUST OUTSIDE THE PLAY AREA AS THE TRASH COMPACTOR.

DARTH VADER CALLS ONE GROUP OUT AT A TIME TO RUN ACROSS THE PLAY AREA TO THE OTHER SIDE, WITHOUT BEING TAGGED BY DARTH AND THE STORMTROOPERS. TAGGED PLAYERS MUST GO TO THE TRASH COMPACTOR AND WHILE SITTING OUT A ROUND PERFORM TASKS SUCH AS JUMPING JACKS, PUSH-UPS, SIT-UPS, MAKE BRIDGES, LONG JUMPS, ETC. STUDENTS MUST STAY IN THE BOUNDARIES OF THE PLAYING AREA OR THEY ARE AUTOMATICALLY OUT AND GO TO THE TRASH COMPACTOR. DARTH VADER AND THE STORMTROOPERS MUST GO BACK TO THE CENTRE EACH TIME PRIOR TO CALLING OUT ANOTHER GROUP. THE WINNING GROUP IS THE ONE LEFT AT THE END.



BreakAppz



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TAIL TAG

TAG ACTIVITY



EQUIPMENT

FOUR CONES TO MARK 10M X 10M SQUARE AND ONE COLOUR BAND PER STUDENT.

INSTRUCTIONS

EACH STUDENT STARTS WITH ONE COLOUR BAND EACH. THEY PLACE THIS IN THEIR POCKET, LIKE THEY HAVE A TAIL GROWING OUT OF THEIR POCKET. WHEN THE TEACHER SAYS, "GO", STUDENTS RUN AROUND AND TRY AND STEAL OTHER STUDENTS' TAILS FROM THEIR POCKETS. THEY ALSO HAVE TO DODGE AROUND AND MAKE IT HARD FOR STUDENTS TO GRAB THEIR OWN TAIL. THE ONLY RULES ARE THAT YOU ARE NOT ALLOWED TO HOLD YOUR OWN TAIL, AND YOU ARE NOT ALLOWED TO LEAVE THE PLAYING SQUARE. THE WINNER IS THE STUDENT WITH THE MOST TAILS AT THE END OF THE GAME.



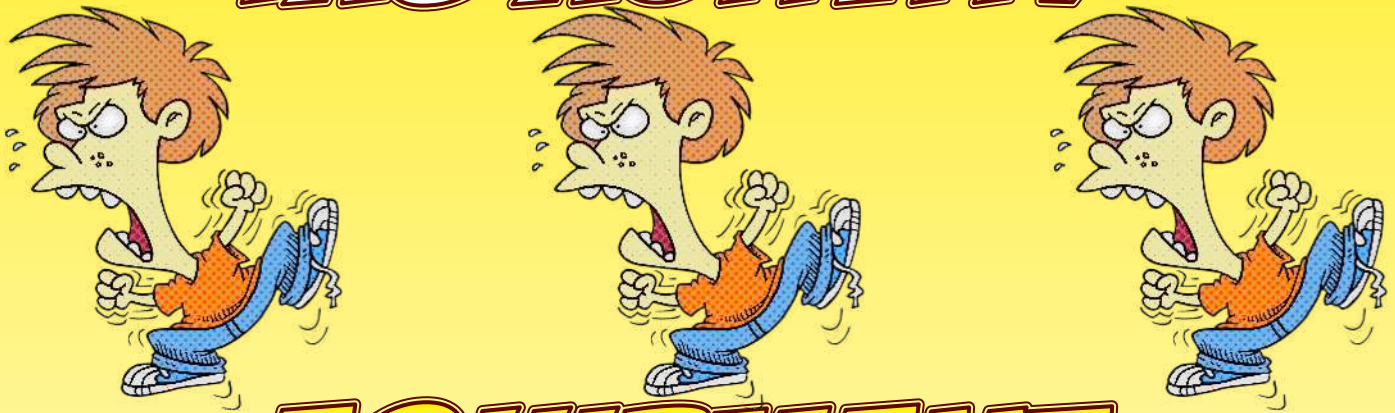
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TANTRUM TAG

TAG ACTIVITY



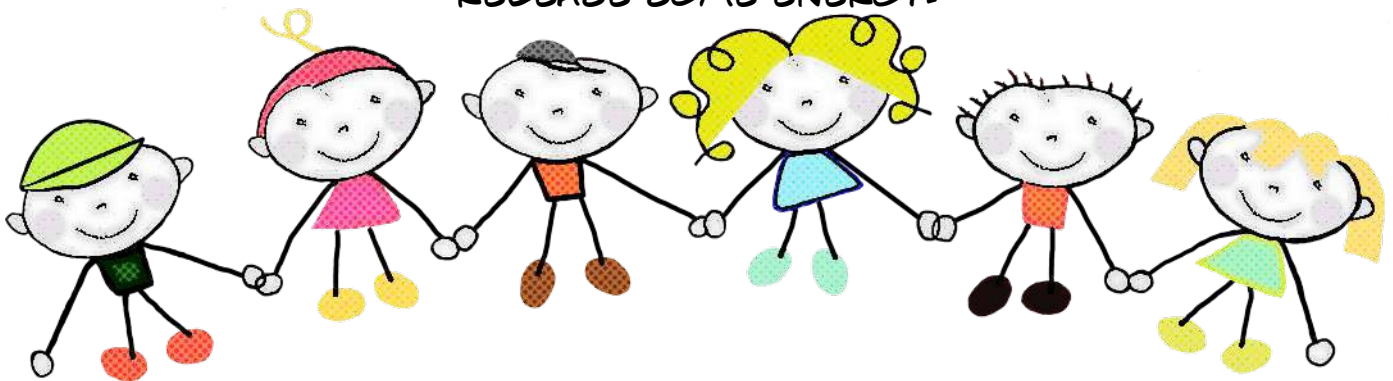
EQUIPMENT

FOUR CONES TO MAKE A 10M X 10M SQUARE AND TWO COLOUR BANDS.

INSTRUCTIONS

THIS IS A VERY FUN AND LOUD GAME. IF YOUR STUDENTS HAVE PLENTY OF ENERGY THIS IS A GREAT GAME FOR THEM. YOU WILL NEED TO SET IT UP AWAY FROM CLASSES, AS IT CAN BE VERY LOUD.

TWO STUDENTS ARE GIVEN A COLOUR BAND EACH; THEY THEN BECOME THE TAGGERS. TRY AND CHANGE THE TAGGERS EVERY MINUTE TO GIVE EVERYONE A GO. THE TAGGERS RUN AROUND AND TRY AND TAG STUDENTS WHO ARE NOT HAVING A TANTRUM. IF A STUDENT IS HAVING A TANTRUM (YELLING AND SCREAMING VERY LOUD, WHICH THEY CAN ONLY DO FOR THREE SECONDS AT A TIME) THEY CANNOT BE TAGGED. IF A STUDENT IS TAGGED WHEN THEY ARE NOT IN A TANTRUM THEY BECOME A TAGGER AS WELL. THIS GAME IS EXTREMELY FUN, AND A GREAT WAY FOR THE STUDENTS TO RELEASE SOME ENERGY.



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TOILET TAG

TAG ACTIVITY



EQUIPMENT

FOUR CONES TO MAKE A 10M X 10M SQUARE AND TWO COLOUR BANDS.

INSTRUCTIONS

THE CLASS SPREADS OUT IN THE PLAYING AREA. THE TEACHER PICKS TWO TAGGERS WHO ARE GIVEN A COLOUR BAND EACH. THE AIM OF THE GAME IS FOR THE TAGGERS TO TAG AS MANY STUDENTS AS POSSIBLE IN ONE MINUTE. IF A STUDENT IS TAGGED THEY NEED TO KNEEL ON ONE KNEE, WITH ONE HAND IN THE AIR (THEY SHOULD LOOK LIKE A TOILET). THE WAY THEY GET BACK INTO THE GAME IS IF ANOTHER STUDENT SITS ON THEIR KNEE AND PULLS THEIR HAND DOWN (LIKE FLUSHING THE TOILET). AT THE END OF THE MINUTE, STOP THE STUDENTS AND GET TWO MORE TAGGERS. THIS IS A GREAT GAME. THE KIDS WILL LOVE FLUSHING THE TOILETS.



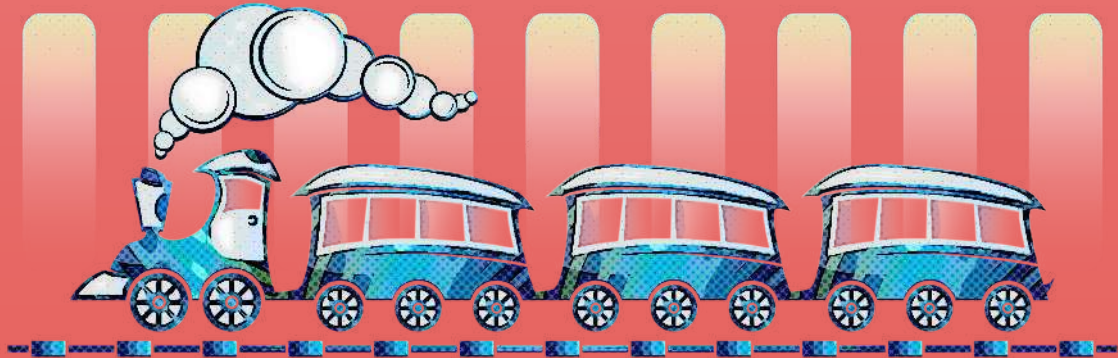
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TRAIN CARRIAGE TAG

Tag Activity



EQUIPMENT

CONES TO MARK OUT A 10M X 10M PLAYING AREA.

INSTRUCTIONS

START THE GAME BY SLITTING THE CLASS INTO PAIRS. ONCE STUDENTS ARE IN PAIRS, GET THEM TO LOCK ELBOWS TOGETHER LIKE THEY ARE FORMING A TRAIN CARRIAGE. THE TEACHER THEN NEEDS TO PICK ONE STUDENT TO BE 'THE CONDUCTOR'. THE CONDUCTOR IS THE TAGGER. ALSO PICK ONE STUDENT TO BE 'THE CHASER'. THE AIM OF THE GAME IS FOR 'THE CONDUCTOR' TO TRY AND TAG 'THE CHASER'. IF 'THE CHASER' LOCKS ARMS WITH ONE OF THE TRAIN CARRIAGES (THE PAIRED STUDENTS) THEN THE STUDENT ON THE OTHER END OF THE TRAIN CARRIAGE BECOMES 'THE CHASER'. IF TAGGED 'THE CHASER' THEN BECOMES 'THE CONDUCTOR'. THIS GAME IS CONTINUOUS AND YOU WILL FIND THAT IT IS A VERY QUICK AND EXCITING GAME.



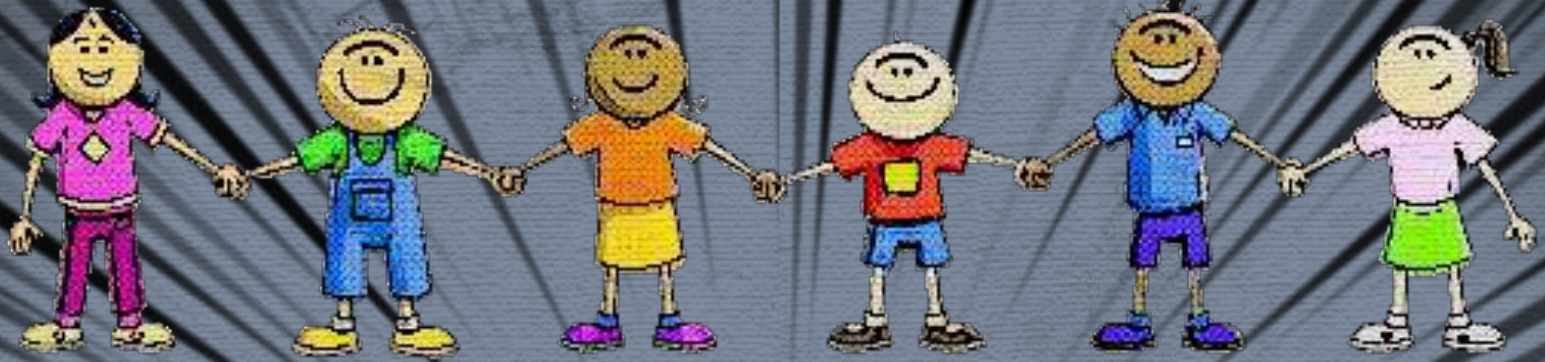
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WALKING TAG

TAG ACTIVITY

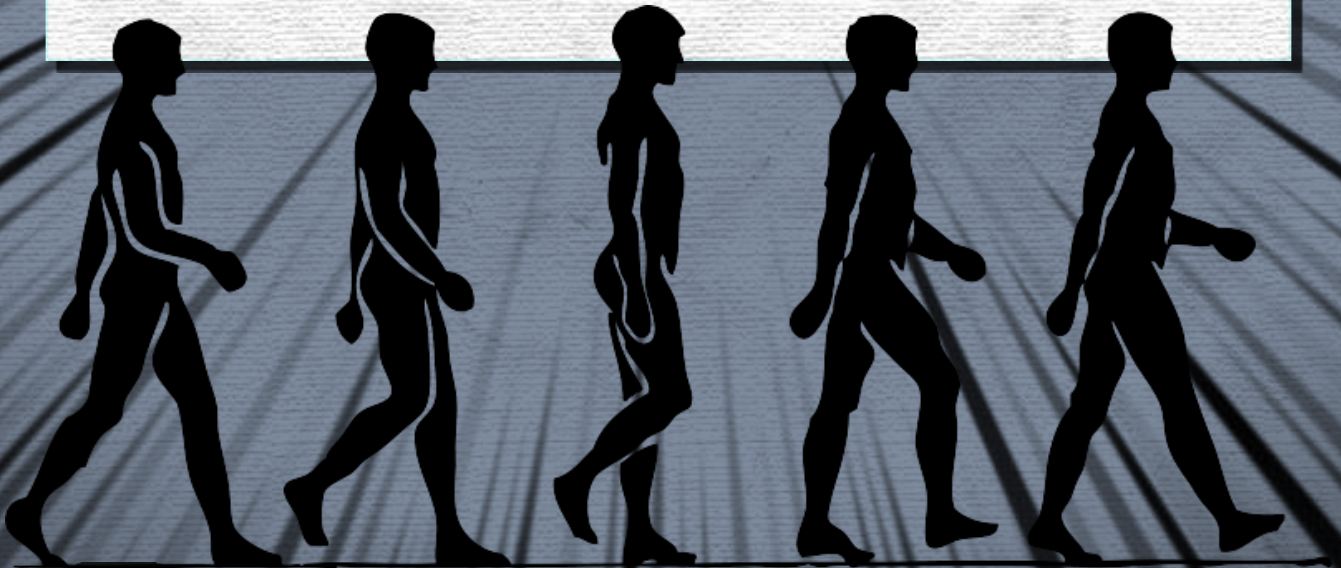


EQUIPMENT

FOUR CONES TO MAKE A 10M X 10M SQUARE.

INSTRUCTIONS

THE CLASS WILL PLAY IN A SMALL AREA IN PAIRS. THE AREA THAT THEY ARE IN IS ON A MOUNTAINTOP AND OUTSIDE OF THE MARKERS ARE SHEER CLIFF DROPS. IN PAIRS, ONE STUDENT IS THE TAGGER AND THE OTHER STUDENT MUST GET AWAY FROM THEM, ONLY WALKING AND NOT GOING OUTSIDE THE CONES OR THEY WILL PLUMMET TO THEIR DEATH. ONCE THE WALKING STUDENT HAS BEEN TAGGED THEN SWAP DUTIES.



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THE END



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