

## **TAG...JUST TAG (YOU'RE IT)**

Before beginning any tag games, I have three precautions that the group must "buy in to". First we agree to play hard, play fair, and play safe (nobody gets hurt)...this is the group promise (which we all shake on). Second, we begin with all games in the speed walking mode only (and we practice the speed changes before starting). I only go to running if the area permits it, and I am **very** comfortable with the group. Third, we practice avoidance games first; before we play tag (chase and flee games). We begin with the **Avoidance Games**:

**Space Walking-** Everyone speed walks, without stopping, with the goal of trying to always be in space (not near anyone else). Freeze the game from time to time and have the participants check for someone "in their space". Move the borders in...change the speeds...change the movement patterns.

**Follow Me Close-** The idea here is to follow a partner as close as possible, without running into them, or anyone else. Switch the partner who leads on command.

**Don't Touch Me-** Have the group in either a square, or a circle, or lines facing each other, and on "go", everyone must move across to the other side without any contact (time the crossing to bring the intensity up to tag levels).

**Others-** Two from Project Adventure..."Secret Agent", and "Juggle on the Move".

### **TAG GAMES-**

**1. Everybody's It-** Simply...everybody's it, everyone has the power to freeze, once frozen you stop (freeze) in place. This should be a 30 second game max! (play it again and the players will start to develop strategies. Then add these **VARIATIONS**: **In all of the following variations, it is assumed that you do not immediately tag your helper, and you may not be tagged while being helped, or helping someone.**

**-High 5 Tag-** Once tagged...freeze and hold up a hand ...you are allowed back into the game when someone gives you a high 5.

**-AED Tag-** When tagged...hold out two fists...you have had a heart attack...you are unfrozen when anyone gives you a double fist bump (AED shock).

**-Freeze Tag-** You are allowed back into the game when someone gives you a hug.

**-Help Me Up Tag-** When tagged you sit down...when someone lends you a hand and helps you up...you may resume play. Try it requiring 2 people helping.

**-Back Up Tag-** When tagged, you sit on the floor...to get back in, you must crab walk over to another seated person, and stand up, back to back, without losing "back contact".

**-Twist Tag-** Play the “Twist”, or “Let’s Twist Again” (Chubby Checker), or “Twistin’ the Night Away” (Sam Cooke), while the game is being played. When frozen, you must run to another frozen person and twist with them for 10 seconds.

**-Pinky Promise Tag-** When frozen...sit down with your right pinky in the air. When another person comes over and gives you their pinky (and helps you up), you now have made a pinky promise...never to be broken...that you will not tag that person in that game, **EVER!** (It’s the binding “Pinky Promise”)

**-Tunnel Tag-** When tagged...form a push-up tunnel...when someone crawls through (under)...your back into the game.

**-Exercise Tag-** Someone must do 5 repetitions of an announced exercise with you.

**-Shoe Switch Tag-** Someone must switch 1 shoe with you to get back into the game.

**-Boys/Girls Tag-** Boys may only help boys up...girls may only help girls up (however you may tag anyone).

**-Earthquake Tag-** When tagged...lie on your back and shake, until someone grabs your feet and spins you 180 degrees (this reorients you).

**-Line Up Tag-** When tagged you go to the outside of the game...when 3 people get into a straight line, person # 1 may re-enter the game. You may get into a line that is already formed, or begin your own line (loudly encourage others to join your line!).

**Hospital Tag-** Everyone is it...wherever you are tagged the first time, you hold that spot with one of your hands. When tagged a second time, you hold that spot (you now have no way to tag anyone else). On the third tag you are out, and you must go to the hospital (designated area) and recuperate with a strength building exercise. You are now back in the game with both hands free. A fun variation in this game is to put mats on top of scooters, and use them as hospital “gurneys” to retrieve people who have been tagged 3 times (and are lying on their backs). Have two students (paramedics) help them onto the gurney and wheel them back to the hospital.

**Crab Tag-** Begin with one or two crabs (crab walking only)...when tagged by a crab, you join the crab taggers...play until everyone is “crabbed”.

**Everybody’s It/Crab Tag-** Simply play both games at the same time...when tagged in Everybody’s It, you are a crab, and crabs can tag as well.

**Partner Tag-** Partners play tag against each other only...start with rock, paper, scissors...the loser is it...2 jumping jacks/jills...then chase your partner. Once the tag is made, the person who was tagged does 2 jumping jacks/jills, and re-chases.

**Pairs Tag-** Play the same game as above, however two people are paired up against another two...pairs must be hooked together by the elbows (thus a 2 v 2 game).

**Hug Base Tag-** Designated people with foam taggers try to tag others (and thus make them the new tagger)...you may not be tagged while on base, which is when you are hugging someone else. A hug may only last for 5 seconds (any longer and it becomes more than a hug...if you know what I mean). This can also be played as High 5 Base Tag, or Back to Back Base Tag, or Pinky Swing Base Tag, etc.

**Category Tag-** This is a Buttonwood Lane favorite (where I grew up). Designated "it's" tag someone, and say a category of their choosing (ex. colors, movies, vegetables, etc.)...the tatee must quickly say 3 things in that category before the tagger counts to 10 (slowly)...if not...they are it. If the tagger carries a ball, then they must dribble 10x before the list is done.

**Hold Your Breath Tag-** The leader calls out a color...anyone wearing that color takes one deep breath and begins yelling and tagging as many people as possible until they run out of air (in one breath!).

**Odd Person Out Tag-** Three people shoot out a one or a two with their hand...whoever is the odd person out (if I shoot a 1 and the other two people shoot a 2, then I am the odd person out) runs away while the other 2 perform a high 5 R/high 5L then chase down the odd person. When the tag is made...shoot again quickly.

**Relay Tag-** Groups of three line up, single file, around the designated area (basketball court). Person #1 goes out onto the court...5 seconds later, person #2 in line goes out to chase person #1. When the tag is made, #1 goes back to their line, and person #3 then chases person #2 (who stayed in the playing area), thus playing a one on one tag game with one person resting. A variation would be using a ball to dribble (soccer, basketball, field hockey, etc.) by the person being chased.

**Bones Tag-** Designated taggers freeze others with their tag wands. When frozen you raise your hand, and an expert with a bones sheet will come and ask you where a certain bone is. If it is correct then the player may resume play. If the answer is incorrect, then the expert will tell you where it is and then give you the sheet, and they begin playing tag. Experts may not be tagged. Taggers give the tagging wand away to the third person that they tag. Try math problems, or spelling words, or the periodic table, or states/capitals, or muscles, etc.

**Mosquito Tag-** Mosquitoes carry long pool noodles as taggers, and their goal is to freeze everyone. The rest of the group works together to unfreeze each other quickly. When frozen, you are a dead bug...lying on your back with your feet in the air. You are allowed back into the game when someone slaps both hands on the soles of your feet. While this is going on, the humans may kill the mosquitoes by lining up 6 people, single file, with hands on the shoulders of the person in front of them, and shouting something in unison (I have them shout "Deet"...which is the active ingredient in bug spray).

**Below the Knee Tag-** Partners face off against each other and try to tag the opponent's knee or below. One tag then back up and play again.

**Knee Tag-** Everyone is trying to tag someone on his or her knee. If tagged, two push-ups and continue the game. There is a base in this game...if your hands are on your knees you cannot be tagged...however you may not move with your hands on your knees....you must have both hands off your knees to move.

**Try Again Tag-** Split the playing area in half, with 1 – 2 taggers on each side. When tagged, you simply go to the other half and continue play. This is a great game to add tagging the tagger...the group may stop the game if someone tags the tagger without being caught. Give the taggers long tagging implements to make it harder.

**Hoop Me Rhonda Tag/Lifeguard Tag/Rescue Me Tag-** Designated taggers freeze people, who must stand still with both hands over their heads. Anyone who has a hula-hoop may unfreeze someone by dropping the hoop over their head and letting it go all the way down to the ground. This person steps out, and now has the hoop to go rescue someone else. Therefore it is the taggers against the “cooperating” group.

**3 on a Tree Tag-** Designated taggers with a wand, begin tagging, trying to give their wands away. There are bases that everyone else in this game may use...pool noodles held up like trees...however only 2 people are allowed on the base (tree) at a time. When the third person grabs the tree, the first 2 must leave the base (tree).

**3 v 1 Throw Tag-** 3 people try to tag the fleeing person with a ball (you may not throw the ball at the person, but must tag with the ball). When you have the ball you may not move. The strategy is to move the ball quickly, and catch it right next to the fleeing person, and tag fast. The actual tagger becomes the new chased person.

**Freezer/Defroster Ball Tag-** ½ of the group dribbles a ball, while the other ½ of the group (without a ball) try’s to avoid getting tagged by the designated “its”. Once tagged you assume the athletic stance and growl, with hands out. A dribbler will pass the ball back and forth with you 3 times...you are now unfrozen, and become the new dribbler. The rescuer is now trying to avoid the taggers.

**1 v 1 Duck, Duck, Goose-** Partners touch each others shoulders back and forth, saying Duck, Duck, Duck...Goose (whenever one wants to say goose). The one that says Goose speed walks away, while the other partner spins around 2 times and chases. Begin again after the tag is made.

**4 Corners Ball Tag-** Divide the playing area into 4 zones. In each zone is a tagger with a pinnie. The taggers must stay in their zones. Taggers have 3 balls, which they use to tag people in their zones. The balls may not be thrown at people, however the taggers may pass them between zones. If you are tagged you are out of the game (this is the ONLY elimination tag game that I play...the reason is that by sitting out, you can see the strategies very easily). There is always one zone without a ball, so there are strategies for both the players and the taggers! Good for 5<sup>th</sup> grade and up!

