



Participants learn about and practise moving effectively while attempting to tag other participants and avoid being tagged.

### Facility

- Gymnasium
- Outdoors

### Materials and Equipment

- 3 sets of pinnies
- 4 pylons
- Stopwatch

### Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides sufficient traction. Set boundaries for the activity at a safe distance from walls and obstacles. Emphasize that a “tag” is a touch, not a push or a grab. Define areas of the body that can be tagged (e.g., arms, legs, back).

## Activity Information

### Activity Set-up

- Divide participants into three groups. Each group wears matching coloured pinnies.
- Identify an activity area using gymnasium lines or by placing a pylon at each corner.

### Activity Instructions

- The leader begins the activity by calling out the colour of one of the groups and starting the stopwatch. The group wearing the identified colour is “it” and tries to tag members of the other two groups.
- When participants are tagged, they move outside of the activity area. Participants on the sideline perform an on-the-spot physical activity that they have chosen (e.g., jumping jacks, squats, push-ups).
- When the “it” group has tagged all members of the other two groups, the leader stops the stopwatch and announces the time.
- The game is repeated so that all groups have a chance to be “it.” Group members work together to tag all members of the other two groups in the shortest possible time. Groups try to beat their times in the next round.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: As taggers, how can you work effectively as a group to tag the other participants in the shortest time? What are some strategies that you and your group used to avoid getting tagged?





## Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Have two groups be the taggers instead of one to decrease the challenge for the taggers.
- Increase the size of the activity area to make it easier to avoid being tagged.
- Attempt to tag the highest number of participants in an allotted time.
- Have taggers use an implement (e.g., pool noodle) to tag participants.

To increase the challenge, participants could:

- Decrease the size of the activity area to make it more difficult to avoid being tagged.
- Decrease the number of participants on each group and have more groups play.
- Change the type of locomotion (e.g., hopping, jumping, skippings).

## Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies for tagging other participants and avoiding being tagged. Note that this list is not exhaustive, and further learning opportunities may arise during the task.

### Movement Skills and Concepts

- Locomotion and relationship – travelling around the playing area while trying to avoid being tagged by opponents and/or trying to tag opponents (e.g., moving very fast and being aware of the location of others when being chased by an opponent or chasing one)
- Spatial awareness and effort – moving effectively in different directions and pathways, and at different speeds to be successful tagging or avoiding others (e.g., switching directions very quickly and unexpectedly when being chased by a tagger)

### Movement Strategies

- Applying skills and strategies to avoid being tagged (e.g., running into open space to avoid taggers)
- Creating and applying tactics to be proficient in tagging opponents in the shortest time (e.g., working together as a group to guard space and move toward the other groups in order to tag other participants)

## Sport Connections

Contains aspects of:



## Canadian Physical Activity Guidelines

