



Participants learn about and practise moving around an activity area safely while trying to tag others or trying to avoid getting tagged by their opponents.

Facility

- Gymnasium
- Multipurpose room
- Outdoors

Materials and Equipment

- No equipment needed

Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides safe traction. Set boundaries for the activity a safe distance from walls and obstacles. Provide a safe distance between activities. Remind participants that a tag is a touch, not a push or a grab, and clearly define areas of the body that can be tagged (e.g., arms, legs, back).

Activity Information

Chain Tag

- Choose one participant to be a tagger. Have the other participants spread out within the activity area.
- When the tagger tags another participant, they join hands and become a chain. Participants forming a chain can also link arms or use an object (e.g., scarf) to hold on to.
- The taggers continue to tag others using their free hands, and those tagged join the chain as well. When the chain has four players, it splits in half. The game continues until all participants are part of a chain.

Everybody "It"

- Participants spread out within the activity area. All participants are "it" and try to tag others while at the same time avoiding being tagged themselves.
- When tagged, participants complete a designated task (e.g., speed-walk around the perimeter of the activity area) and then re-join the game.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activities. Examples include: If you see a tagger approaching you, where can you move to avoid getting tagged? As you move around the playing area, describe why your speed might change from slow to fast or fast to slow?





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:

- Use different modes of travel that will simplify the game (e.g., walking, speed walking).
- Run while the taggers walk.
- Decrease the number of taggers.
- Use an implement to help them tag others (e.g., pool noodle).
- Increase the size of the playing area.

To increase the challenge, participants could:

- Add a rule or a challenge, such as running only on the lines on the gymnasium floor while playing the game.
- Decrease the size of the playing area.

Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies to help participants move around the activity area safely while avoiding getting tagged. Note that this list is not exhaustive, and further learning opportunities may arise during the task.

Movement Skills and Concepts

- Locomotion: applying travelling skills to move around safely in the playing area (e.g., running very fast when being chased by the taggers, and slowing down to conserve energy when a tagger is not chasing you)
- Spatial awareness: understanding the concept of where and in which direction to move while running safely and avoiding the taggers

Movement Strategies

- Developing and applying appropriate strategies to avoid being tagged by the taggers, or to tag others (e.g., as a runner, continually switching directions and moving into open space to make it challenging for the taggers; being aware of who your taggers are so you know whom to avoid)

Living Skills

Interpersonal Skills

- Demonstrating fair play by following the rules of the game (e.g., tagging gently, changing roles when tagged)

Sport Connections

Contains aspects of:



Canadian Physical Activity Guidelines

