Tag Games

Activity Overview

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

- 3 or 4 pinnies

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

Progressive Tag

- Divide participants into small groups (e.g., four to six). Participants assign a number to each member of the group.
- All participants are taggers and are trying to tag their own group members. Participant 1 is trying to tag participant 2, while participant 2 is trying to tag participant 3, etc. The last participant in the group is trying to tag participant 1.
- When participants are tagged, they stop where they are and do a designated task (e.g., balancing on one foot for 30 seconds, doing five jumping jacks) before starting again.

Fifth Person Tag

- Designate three or four participants to be taggers and give them each a pinnie.
- The taggers chase the other participants within the activity area. When the taggers tag other participants, they call out a sequential number from 1 to 5 based on the number of participants they have tagged. For example, when the first participant is tagged, the tagger calls out "1," and when the second participant is tagged, the tagger calls out "2," etc.
- The fifth tagged participant changes places with the tagger who had tagged him or her.
- If tagged, but not the fifth person to be tagged, participants complete a physical activity (e.g., jumping jacks, squats, push-ups) for a set period of time before returning to the game. Participants can choose an activity to do that aligns with their personal fitness goals.
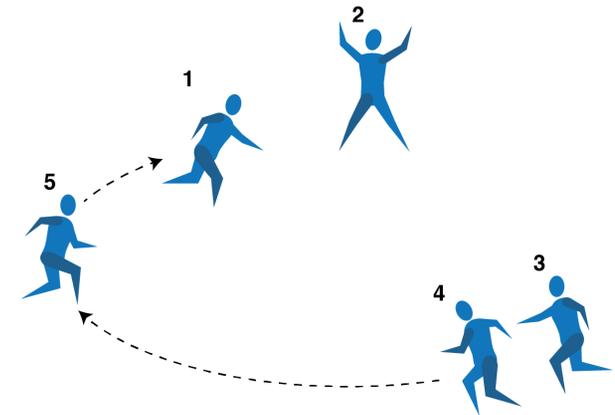
Adaptations

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