

# Movement Challenges & Games

## HEAD AND BOTTOM TAG

- Divide the class in half.
- One group puts one hand on their heads (Heads).
- The other group puts one hand on their bottoms (Bottoms).
- On “go” the heads and the bottoms have to tag each other. Once tagged you must swap teams to join the group that tagged you.
- The game ends when everyone in the class is the same (either a head or Bottom).

**Equipment:** Cones.

**Area Required:** Any indoor or outdoor area that allows the whole class to move freely.

### Benefits

- Speed (How was I best able to tag someone?).
- Agility (How did I avoid being tipped?).
- Cooperation (Did I work with other people in my group?).
- Honesty (Did I accept each time I was tagged?).
- Awareness (How did it feel to run with my hand on my head/bottom?).

### How to explain the activity

- We are going to work in two groups (split class). My group we are going to put one hand on our heads. The other group, you are going to put one hand on your bottoms.
- When I say “go”, heads you are going to try to tip the bottoms and bottoms try to tip the heads.
- If you get tipped you must change your hand position to that of the other team and now you are on their side.
- Our game ends when everyone is on the same side.
- If you run out of our area it is like being tagged and you must swap sides.

### Cues for debrief / reflection

- How was I best able to tag someone?
- How did I avoid being tipped?
- Did I work with other people in my group?
- Did I accept each time I was tagged?
- How did it feel to run with my hand on my head/bottom?

### How to vary the activity

- Change the movement pattern (hopping, skipping, jumping etc).
- Introduce different hand positions.
- Create a third group or more.