

Movement Challenges & Games

TEAM TAG

- Split class into four teams using coloured bean bags to identify members of each team.
- One team at a time is nominated as the taggers and given two minutes to tag as many people from the other teams as possible.
- Once tagged, players squat down and place their bean bag on their head.
- Tagged players can only be freed by a high five from one of their own team mates (same coloured bean bag).
- Taggers are attempting to eliminate as many players as possible, while the others try to keep their team alive.

Equipment: Bean bags.

Area Required: Any large open space such as basketball court. Larger areas such as whole ovals can be used if the group is up for it.

Benefits

- Speed (Chasing and avoiding being tagged.).
- Strategy (How will I eliminate as many people as possible / keep my team alive?).
- Co-operation / Team work (How can we work together to eliminate more people / keep our team alive for longer?).
- Persistence (Will I continue to chase someone if they keep getting away?).

How to explain the activity

- We are going to play a game with four teams. When you get a bean bag that will show you what team you are on (red team, green team etc).
- Indicate the starting point for each team (corners are good).
- One team at a time will be the taggers, who will have two minutes to tag as many people as possible from the other three teams.
- If you get tagged, you need to sit down and put your beanbag on your head. You are stuck here until someone from your own team gives you a high five and sets you free.
- After the two minutes is up, we all go back to our starting points and a new team will become the taggers.

Cues for debrief / reflection

- How did it feel as a tagger when you nearly had a whole team eliminated and then they were all freed?
- What strategies did you use to tag people / keep your team alive?
- Did you focus more on avoiding taggers or freeing your team mates?
- What happened if you forgot to free your team mates?
- What was challenging about the game the longer it went on?
- Did I accept each time I was tagged?

How to vary the activity

- Change the movement pattern (skipping, jumping etc).
- Vary the number of teams.
- Play the game in varied environments (smaller / larger areas, incorporating obstacles etc).