





Activity Plan for Tag

Week 1			
Activity	How many or how long	How many days	Instructions
Play Tag 	10 mins	3 days/wk	Play a running game of tag with your friends or cousins. One game you might like to try is Blob tag. To play Blob tag, you start with two people as the blob. They have to lock their arms together and cannot come apart. Once the blob tags someone, they become part of the blob and add to the end. The blob becomes bigger and bigger. Only the ends of the blob can tag someone, so players can run through the blob, if possible without getting tagged.

Week 2			
Activity	How many or how long	How many days	Instructions
Play Tag 	10 mins	3 days/wk	Play a running game of tag with your friends or cousins. One game you might like to try is Bowling tag. To play Bowling tag, each player is given one bowling pin to guard in his or her own 4 ft circle. They can only have one foot out of the circle while defending their pin. The person chosen to be “It” will try to knock down any of the player’s pins while rolling the bowling ball at them. Once a pin is knocked down the player defending that pin must sit in his/her circle until the last pin is falls. The last player is the new bowler. To add variety during the game defenders can quickly change circles with other players but cannot touch the ball or they are out.

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Week 3			
Activity	How many or how long	How many days	Instructions
Play Tag 	10 mins	3 days/wk	Play a game of zombie with your friends or cousins. Pick one person to be the Zombie, that player will not be given a balloon. All other players will be given one balloon with a piece of string to tie around their waist. Once the balloon is tied on, players must position the balloon to be in the middle of their back clearly exposed. Players are given a 45 second head start to hide from the Zombie. The Zombie is released to go and make other Zombies by popping other student's balloons. Once a player's balloon is popped (either by accidentally or by a Zombie) they become a Zombie and begin to pop other player's balloons as well. The game is timed and at the end when the allotted time is complete, any non-Zombies will be given a treat. You can play this great game at a youth group, birthday party or sleepover.

Week 4			
Activity	How many or how long	How many days	Instructions
Play Tag 	15 mins	3 days/wk	This month you have had the chance to play many different tag games. For this week, choose your favourite tag game and invite your family and friends to join you!