





# Playing Tag

Week 1			
Activity	How many or how long	How many days	Instructions
Play Blob Tag 	10 mins	3 days/wk	Play a running game of Blob tag with your friends or cousins. To play, you start with two people as the “blob”. <b>They have to lock their arms together and cannot come apart.</b> 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 Bowling Tag 	10 mins	3 days/wk	To play Bowling tag, <b>each player is given one bowling pin to guard in his or her own 4 ft circle.</b> 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 falls. The last player is the new bowler. <b>To add variety during the game defenders can quickly change circles with other players but cannot touch the ball or they are out.</b>

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Week 3			
Activity	How many or how long	How many days	Instructions
Play Belly Double Circle Tag 	30 mins	Total for the week	To play Belly Double Circle tag, choose one player to be the runner and one player to be the chaser. All other players are to lie in a big circle in groups of two. The players lay side-by-side then a space then the next two players with their heads facing the center of the circle and lying on their bellies. On go, the chaser will try to tag the runner. The runner will run on the outside of the circle and try to find a space to lie down next to one set of players. The player on the opposite side of that group will have to get up and start running from the chaser. If the runner is tagged then they are to turn around and chase the chaser. The new runner will find a spot to lie down and the player on the opposite side will start running because they are the new runner.

Week 4			
Activity	How many or how long	How many days	Instructions
Play Zombie Tag 	10 mins	3 days/wk	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. <b>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.</b> 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 lock-in, birthday parties or sleepover.