

<b>Activity/Info.</b>	<b>Description</b>	<b>Grade</b>	<b>Location/Resource</b>
Ankle Tag	Players avoid becoming "it" by grabbing another player's ankle. One at a time.	2-3	<a href="http://www.kidwizard.com/">http://www.kidwizard.com/</a>
Backwards Tag	partners. 1 is "it" & 2 chases "it"	K-5	<a href="http://www.kidwizard.com/">http://www.kidwizard.com/</a>
Balance Tag	Place about 8-10 hula hoops in a scattered position about 10 feet apart. Assign two taggers to chase the class. The hoops are safety places, but the students must maintain a balance position with one hand inside the hoop and one foot outside the hoop. Any loss of balance will mean that they must leave and run away from the chasers. Anybody that is tagged must go to a sideline and do a set of exercises 10 times before re-entering the game. Change taggers and different balance positions often.	K-2	<a href="http://www.cwu.edu/~jefferis/unitplans/Balance%20Tag.pdf">http://www.cwu.edu/~jefferis/unitplans/Balance%20Tag.pdf</a>
Batman & Robin	Choose two people to be the bad guys: Penguin, Cat Woman, etc. Have them turn their back and choose, secretly, a person to be Batman or Batgirl. This person secretly unfreezes anyone tagged by the "bad guys." Tell the "bad guys" that they have two jobs: to tag as many people as they can and to find out who is unfreezing people. The older classes get real sophisticated with this. They decide everyone should tag everyone who is frozen but they know only the "real" unfreezer can unfreeze someone. They use other techniques too: don't move immediately after being unfrozen, keep your eyes on the "bad guys" and not on the "good guy." Remind the younger ones not to call out the name of the "good guy." Have a discussion with the class to find ways to confuse the "bad guys."	K-5	<a href="http://pazz.tripod.com/br.htm">http://pazz.tripod.com/br.htm</a>
Blob Tag/Amoeba Tag	2 people are connected by the arms, when they tag someone they join the blob. After 4 people are joined they split into 2 groups of 2.	2-4	Chris Strater
Carpool Tag	5 students have pinnies and are police officers (taggers), 5 have hula hoops and are carpoolers. All the other students are driving by themselves and may be tagged. If a driver decides to carpool they are safe from being tagged for 5 seconds (while holding on to the carpooler).	K-3	pe central
Catch One, Catch All	Start with 1 tagger, each person tagged becomes another tagger until 1 person remains. That person starts as "it" this time.	K-5	

Clothes pin Tag	Everyone starts with 5 pins. As you tag you gain a pin, as you are tagged you lose a pin. Everyone is a tagger.	4-5	
Colored Eggs	One person is the wolf, everyone else picks a color (they are eggs). The wolf walks up to the line of eggs and says, "knock-knock". The eggs say, "what do you want?" The wolf specifies which color eggs he/she wants. Those eggs run to the other side of the gym and back. Whoever the wolf tags is the new wolf.	K-2	
Cooperation Tag	If you are tagged you freeze, in order to thaw out, 2 people must form a circle around you with their arms.	K-5	
Crab Tag	2 crab walkers try to tag all the fish. When the music stops all fish must freeze, but the crabs can keep tagging. When the music starts, the fish move again.	K-3	pe central
Deal or No Deal	A student of group chooses an exercise card out of an envelop. Then the banker (teacher) says, "I'm prepared to offer 7 push-ups (or whatever the exercise was), deal or no deal?" If they say no deal then they must choose a number out of the 2nd envelop and do however many push-ups are on the chosen card.	3-5	pe central
Doctor Tag	2 taggers who are spreading a disease; 2 doctors go around curing the disease. Anywhere you are touched you can't use until the doctor touches that body part (arms & legs).	1-3	50 Ways to Use Your Noodle
Dragon Tag	Head of line tries to caught tail. If caught, head attacks to tail & the new head tries.	2-3	<a href="http://www.kidwizard.com/ThingsToMake/100Games/TagGames.asp#dragon">http://www.kidwizard.com/ThingsToMake/100Games/TagGames.asp#dragon</a>
Elbow Tag/Partner Tag/Hook-up Tag	Groups of 2. First group is separated & 1 is chasing 2. If 2 attacks to another group, the end person is now being pursued	1-5	<a href="http://www.kidwizard.com/ThingsToMake/100Games/TagGames.asp#dragon">http://www.kidwizard.com/ThingsToMake/100Games/TagGames.asp#dragon</a>
Equipment Fun	Spread the pairs of equipment throughout the playing area. Have students enter the gym and pick up any piece of equipment. They are to start playing with the piece of equipment in a creative and safe manner and they should stay close to their personal space area. After about 3-4 minutes, form teams/partners by instructing the students to find the student with the matching piece of equipment. After they pair up they can make up an activity with that equipment between them.		<a href="http://www.cwu.edu/~jefferis/unitplanning.html">http://www.cwu.edu/~jefferis/unitplanning.html</a>
Everybody's It	Try to avoid being tagged first by everyone, while trying to tag everyone else first. If you get tagged, do 5 jumping jacks before returning to the game.	3-8	Candi Mountain-Gaddie
Flash Card Hop	Throw out a pile of word flash cards. Kids pick one up and hop (skip, slide) the # of letters in the word, put it down and find a new card.	K-2	Terry Jones

Foot Tag	Give each student a yarn of fleece ball. Have students spread out in the playing area in their own self space. On the signal students must move around the general space trying to throw their ball at their classmates feet. Students can avoid someone else's ball from hitting their feet by jumping, sliding, etc. Give positive feedback to students who are practicing good 'foot dodges.'	K-5	<a href="http://www.cwu.edu/~jefferis/unitplans/Foot%20Tag.pdf">http://www.cwu.edu/~jefferis/unitplans/Foot%20Tag.pdf</a>
Freeze Tag	If tagged, freeze until a non-tagger tags you.	K-8	
High Five Tag	Freeze with one hand up when tagged. Give the "frozen" people a high five to "unfreeze" them.	K-5	
Hungry crabs	Spread beanbags (crab food) around the gym. Students are divided into 4 teams, each with a hula hoop. Students crab walk to get one beanbag at a time, place it on their stomach and take it back to the hula hoop.	K-2	<a href="http://www.pcentral.org/lessonideas/HungryCrabs.pdf">http://www.pcentral.org/lessonideas/HungryCrabs.pdf</a>
Jewels in the Crown	Four hoops are set up in the four corners of the activity area. At each hoop there are 3-4 students, and inside each hoop there are the same number of bean bags as there are students at that hoop. On a signal from the teacher, all the students begin to travel to other hoops and pick up bean bags (one at a time) and place it in their "home" hoop. No guarding of hoops is allowed. On a stop signal from the teacher, all students return to their "home" hoop and a count may be taken of bean bags at each hoop (scoring is optional). The game resumes on the signal from the teacher. Have two or more games going on at once.		<a href="http://www.cwu.edu/~jefferis/unitplans/Jewels%20in%20the%20Crown.pdf">http://www.cwu.edu/~jefferis/unitplans/Jewels%20in%20the%20Crown.pdf</a>
Line Tag	You may only walk on the lines, if you are tagged you become another tagger. No skipping corners.	2-5	

Madagascar Tag	<p>Choose 3 students to be the zoo keepers (taggers - uses a noodle to tag), and 2-3 students to be the Penguins (rescuers - wearing pinnie). Everyone else is Alex the Lion.</p> <p>When the music starts, the zoo keepers try to move (walking, skipping, sliding, etc.) and tag as many Alex the Lions as they can. Alex can move to get away. Alex must perform a different locomotor skill every time he/she is tagged. The order I use is:</p> <ul style="list-style-type: none"> <li>1st time - Gallop like Marty the Zebra</li> <li>2nd time - Skip like Melman the Giraffe</li> <li>3rd time - Jump like Gloria the Hippo</li> </ul> <p>Repeat the cycle again for each additional time they are tagged. He/she must perform this locomotor movement until they are freed by a Penguin.</p> <p>The penguins are looking for anyone who is not running so that they can tag them and free them back into the "Wild". After being tagged by a Penguin, Alex is free to move again, but is also once again in danger of being tagged by the zoo keepers. Zoo keepers may not tag anyone but Alex.</p>	K-3	<a href="http://www.pcentral.org/lessonideas">http://www.pcentral.org/lessonideas</a>
Moon Ball	<p>Four teams with six players on each team. The games are usually played on volleyball courts, two teams per court.</p> <p>Players number off 1-6. The first player is holding the ball.</p> <p>The first player on each court starts the game by hitting the ball into the air and calling "one." The other players in numbered order, attempt to keep the ball from touching the ground. If the player hits the ball they may not hit it again until their next turn. Anytime the ball hits the ground, is hit out of turn, or is caught, play stops and the score is given. This is the total to try to beat next time.</p>	2-5	<a href="http://www.cwu.edu/~jefferis/unitplans/moonball.htm">http://www.cwu.edu/~jefferis/unitplans/moonball.htm</a>
Mr. Bear	Freeze tag, but if you are frozen you need Mr. Bear to unfreeze you. So students pass a stuffed bear around.	K-3	
Octopus Tag	One tagger, students run from one side to the other. If you get tagged, you sit or stand and try to tag other people without moving from your spot.	K-2	

Paper or Plastic	Have each student get a plastic grocery bag as they enter class. Then have them find a partner and a safe space in the playing area. They are to stand facing their partner approximately 5 feet from each other. On the teacher's signal, both partners toss their bag into the air by throwing the bags into the air using both handles. Their job is to move in a predetermined way by their teacher and catch each other's bag before it hits the ground. If they are successful then they start again, but this time they must each take a step back from where they originally started.	K-5	<a href="http://www.cwu.edu/~jefferis/unitpl">http://www.cwu.edu/~jefferis/unitpl</a>
Pirates of the Caribbean	2 taggers on scooters with noodles. Everyone else on scooters. The students with noodles are the "Cracken" who are after the pirates. If a pirate gets tagged they must touch a treasure chest (crates) to play again.	2-5	pe central
Pizza Tag	2 taggers carry yarn balls (mozzarella) and tag. If you get tagged you freeze with your hand out ready to catch a pizza. 4 students have poly spots and flip the "pizzas" onto the hands of the frozen students to unfreeze them.	K-3	pe central
Poly Math	Spread out poly spots with numbers. Give each student a die, they each roll, add up their #'s and then race to find the poly spot with the answer	K-2	Terry Jones
Poster Workouts	Routines: jumping jacks, push-ups, etc.	4-5	Kathy
Rollunder Tag	If tagged, you get into the push-up position and wait for someone to roll a ball under you.	1-5	pe central
Scarf Tag	Have each student place the scarf in a back pocket or tucked into the back of their sweats or shorts. Make sure they are not tucked in too far as then it will be too hard to "steal." The students then begin to run around the gym and try to take the scarf of another student. When a student takes a scarf they are to place it in their team's hula hoop. Students are not allowed to steal other scarves from the hula hoops.	3-5	<a href="http://www.cwu.edu/~jefferis/unitpl">http://www.cwu.edu/~jefferis/unitpl</a>
Shadow Tag	Tag their shadows by stepping on them.	K-5	
Shark Tag	Have "islands" around the room, the rest of the floor is the ocean. Sharks can only tag you if any part of your body is touching the ocean. If you are tagged, you become another shark.	K-5	Chris Strater
Special Delivery	Students carry prepared envelopes instructing which locomotor skill they are to perform. When the music stops or the teacher says, "Special delivery" the students trade their envelopes.	K-3	pe central
Sting Tag	"It" stings people. Wherever you get stung, you can no longer use that body part. The first person who can't move is the next "it".	K-5	<a href="http://www.kidwizard.com/ThingsToMake/100Games/TagGames.asp#dragon">http://www.kidwizard.com/ThingsToMake/100Games/TagGames.asp#dragon</a>

Stuffed Animal Tag	Taggers carry stuffed animals and get to dictate the locomotor skill everyone will use. If you are tagged, you must make the movements and sounds of the animal that tagged you until a non-tagger gives you a high 5.	K-3	pe central
Swish-Zoom	When you are tagged, freeze & raise your hand. In order to help someone who is frozen, get a partner and form a circle with your arms around the person, raise your arms up & say "swish", then put your arms down & say "zoom".	K-2	Terry Jones
Tunnel Tag/Underground Tag	Make a tunnel with your legs when tagged; someone crawls under to unfreeze you. Older students should make their tunnels against the wall.	K-5	Chris Strater
Turtle Tag	Lay down on back when tagged. Someone must touch your foot to unfreeze you.	K-3	pe central
North South	Kids start out on a sideline and run from taggers, they are safe when they get to the line of the direction called out (North, South). Constantly change the direction of safety.	K-2	Jennica S Rodriguez

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<i>Muscular Exercises</i>			
Push-ups			
Sit-ups			
Wall sits			Chris Strater
climb up the wall backwards			Chris Strater
Alligator	Push-up position, resting on forearms		Chris Strater
Leaning T			Chris Strater
Backwards push-ups			PE Institute
Line push-ups			PE Institute
<i>Cardiovascular</i>			
Line jumps			Chris Strater
Jumping jacks			
Running			
Walking			
Skipping			
Jogging'			
Galloping			
Sliding			

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