

Shadow Tag

STAY
ACTIVE

To improve speed, agility, and reflexes through a fun and interactive game where students avoid having their shadows stepped on while attempting to tag others' shadows.



Learning Intentions

I can improve my speed and reflexes by moving quickly to avoid being tagged:

This encourages students to enhance their agility and reaction time as they avoid having their shadows stepped on.

I can develop agility and spatial awareness while engaging in a fun game of tag:

This helps students improve their body control and spatial awareness while actively moving around.

I can practice quick decision-making and strategy while trying to avoid being tagged:

This promotes critical thinking and decision-making as students strategise ways to avoid the "it" player.



Success Criteria

Moving Quickly to Avoid Being Tagged:

Students can move quickly to avoid having their shadow stepped on, staying light on their feet and evading the "it" player.

Developing Agility and Spatial Awareness:

Students can be agile and aware of their surroundings while running and dodging, developing coordination and navigating the space effectively.

Taking Turns as the "It" Player:

Students can take turns as the "it" player and try to step on others' shadows, promoting fair play and teamwork, allowing all students a chance to participate in different roles.

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Objective: To improve speed, agility, and reflexes through a fun and interactive game where students avoid having their shadows stepped on while attempting to tag others' shadows.

Players: Ideal for groups of 5-20 students.

Materials:

- A clear space where students can move freely.
- A sunny outdoor space or artificial light in a room that creates visible shadows.

Time Required: 10-15 minutes.

Setup: Make sure there is enough space for students to move around freely. If playing indoors, use a bright light source to create visible shadows. If playing outside, ensure it's a sunny day where shadows are easily visible. If no shadows can be created change the game slightly and use bibs or colour tags and have student tuck them into their shorts/pants at the waist with a tail sticking out, the "it" players need to pull the tails out for it to be deemed a successful tag.

Gameplay:

1. **Introduce the Rules:** Explain that in Shadow Tag, one player is "it" and tries to step on the shadows of other players. The goal is for the non-tagged students to move quickly and avoid having their shadows stepped on.
2. **Start the Game:**
 - The player who is "it" will try to step on the shadows of the other players. The non-tagged players must run, jump, and dodge to avoid having their shadows stepped on.
 - If the "it" player steps on someone's shadow, that player becomes the new "it."
3. **Movement Focus:** Encourage students to move quickly and use their agility to avoid being tagged. They can move in any direction, making quick turns or jumps to prevent the "it" player from stepping on their shadow.
4. **Rotate the "It" Player:** After a set amount of time or when the "it" player successfully steps on a shadow, rotate the role of "it" so that everyone has a turn.

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5. Reflection Time: After the game, gather the students and discuss how they felt during the activity. You can ask questions like:

- "How did you stay light on your feet to avoid being tagged?"
- "What strategies did you use to dodge the 'it' player's shadow?"
- "How did you feel when you were the 'it' player?"

6. Variation: You could play a version where once tagged the tagged player joins the "it" player, there will now be two "it" players, this group will grow as more players are tagged until only one student is left untagged. You can also use different types of tags, like a "freeze" tag where students must freeze when their shadow is touched until a teammate "unfreezes" them.

Winning the Game: There is no winner in this activity. The goal is to have fun while improving speed, reflexes, and agility. Success is measured by the students' ability to stay active, focused, and engaged while playing.

Additional Notes: "Shadow Tag" is a great game for encouraging active movement, improving reflexes, and having fun while being aware of body positioning and space. This game can be adapted for both indoor and outdoor settings and is ideal for all fitness levels. It promotes quick thinking, spatial awareness, and agility, all while having a blast with friends!

