

# Tag with a Twist

# STAY ACTIVE

To increase cardiovascular fitness, agility, and coordination through an active, fun game of tag with additional challenges that involve physical tasks.



## Learning Intentions

**I can improve my cardiovascular fitness by engaging in active movement, such as running and jumping:**

This encourages students to get their heart rate up and stay active while having fun.

**I can enhance my agility and coordination by performing physical tasks quickly and effectively:**

This helps students develop quicker reflexes, coordination, and body control while moving through different challenges.

**I can practice resilience and perseverance by continuing to play even when I'm tagged:**

This helps students build mental resilience as they engage in physical tasks and quickly return to the game after being tagged.



## Success Criteria

**Running Quickly and Dodging the "It" Player:**

Students can run quickly and dodge the "it" player to avoid being tagged, staying engaged in active movement and working on improving their speed.

**Completing Physical Tasks Quickly When Tagged:**

Students can complete the designated physical tasks quickly when tagged and rejoin the game, staying active and completing physical exercises to help improve fitness and agility.

**Creating a Fun and Active Environment:**

Students can work with others to create a fun and active environment while playing tag, promoting positive interaction, teamwork, and sportsmanship.



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**Objective:** To increase cardiovascular fitness, agility, and coordination through an active, fun game of tag with additional challenges that involve physical tasks.

**Players:** Ideal for 4-25 students.

**Materials:** None required (just enough space for students to run around freely).

**Time Required:** 10-15 minutes.

**Setup:** Ensure there is an open space for students to run around. If indoors, make sure the area is clear of obstacles to avoid injury. If playing outside, make sure the area is safe for running.

## Gameplay:

- 1. Introduce the Game:** Explain to the students that this is a game of tag, but with a twist! When a player is tagged by "it," they must complete a physical task (e.g., star jumps, hopping on one foot, or doing five squats) before they can rejoin the game.
- 2. Start the Game:**
  - One student is chosen to be "it" and must try to tag the other players.
  - When a player is tagged by "it," they must immediately stop and complete a quick physical task (e.g., 5 star jumps or hopping on one foot 10 times). Once they finish the task, they can return to the game.
  - After completing their physical task they must run and give one other player a high five and a compliment before they can return to the game.
  - Set three physical tasks to complete prior to the game starting and announce these to the class. Eg., First time tagged is 5 star jumps, second time tagged is 5 push ups, third time tagged is hop on one foot 10 times. Repeat if tagged more than three times.
- 3. Increase the Challenge:** After a few rounds, you can add more twists to the game, such as:
  - Making the physical tasks more challenging (e.g., 10 push-ups, high knees for 20 seconds).
  - Adding specific areas to be "safe zones," where players can rest for a few seconds before rejoining the game.
  - Adding in a second or third 'it' player (use sashes or bibs to identify "it" players).

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**4. Switch Roles:** After a designated time rotate the "it" player to ensure everyone gets a chance to play different roles (2 mins max per "it" player).

**5. Reflection Time:** After the game, gather the students and ask them questions like:

- "What physical tasks were the hardest to complete?"
- "How did it feel to be tagged and then quickly get back into the game?"
- "What strategies did you use to avoid being tagged?"

**Winning the Game:** There is no specific winner in this activity, as the goal is to stay active and have fun. Success is measured by students' engagement, their ability to stay active, and how well they complete the physical tasks after being tagged.

**Additional Notes:** "Tag with a Twist" is a great way to keep students moving and engaged while improving their physical fitness and agility. The game can be easily adapted to different age groups and fitness levels by adjusting the intensity of the physical tasks. It's a fun way to get students exercising in a social and interactive environment, promoting teamwork, agility, and perseverance.

