



*Lesson Focus: to flee, chase and dodge while performing the designated locomotor skill and to play cooperatively by freeing as many classmates as possible in the allotted time.*

## What you'll need

- Music and music player are optional
- Short tag noodles or fluff balls

## Skills to review and demonstrate

Safe tagging using the noodles or fluff balls.  
Safe use of general space.  
Review of locomotor skills that may be used during the game.

## Getting started

Scatter students in general space.  
Pick 4 taggers to start the game.

## Student performance objectives

**Psychomotor:** Students will demonstrate chasing, dodging and fleeing safely 80% of the time.  
Students can perform the locomotor skills using proper form 90% of the time.

**Cognitive:** Students can describe safely fleeing, chasing and dodging in general space 80% of the time.  
Students understand the strategy used to beat the opposing group.



[Watch the Video](#)

Indoor/outdoor  
activity for grades

2-5

## Begin the action

On “go”, or when the music starts, taggers and fleers begin using the assigned locomotor skill. If tagged, freeze with hands on hips, elbows out. Help to unfreeze a classmate by standing beside them with an elbow touching one of theirs. Second classmate must come by to unfreeze the pair by standing beside the pair, an elbow touching and chanting: 1, 2, 3 we’re free. Game is over in 2 minutes or when all fleers are frozen.

## Helpful hints

Do not allow taggers to guard the groups of two. Encourage players to help their classmates by standing beside them so the 3rd player may free the pair.

## Recap

What happens when everyone is working their hardest to free classmates?  
[We have a better chance of preventing taggers from succeeding]  
What happens when the opposite is true?  
Why do you think it is important to look up and around the space awhile you are chasing and fleeing?

**\* Challenge! \***

Can the taggers win the round by freezing everyone in the class in the allotted time?

Encourage the taggers to get together to form a strategy to freeze the whole group quickly.

## National standards

Standards 1&2: Fleeing; Dodging; Chasing; Spatial Awareness; Locomotor Skill; Teamwork.  
Standard 3: Fully participates; Cardio fitness; Agility.  
Standards 4&5: Participates responsibly and cooperates with peers.