

Lesson Focus: to flee and dodge the tagger and to achieve a high level of cardiovascular activity.

What you'll need

- Music and music player are optional.
- Four short tag noodles or fluff balls.
- Cones and poly spots to set boundaries.
- Coins (pennies), fluff balls or other collectable.

Skills to review and demonstrate

Safe tagging using the noodles or fluff balls.

Safe use of general space

Review of locomotor skills and or animal walks that may be used.

Getting started

Set boundaries with lines, cones or poly spot markers.

Pick two students to be the taggers, give them a noodle or a fluff ball, and place them in the tag area.

Scatter runners along the Start Line at one end of the room.

Scatter pennies/objects in the Safe Area at the other end of the room.

Seasonal focus

Over the Rainbow Tag: taggers are the tricksters; runners the Leprechauns; pennies the gold at the end of the rainbow (music: Irish Jig).

Grinch Tag: taggers are the Grinch; runners the Whos in Whoville; Fluff balls the presents (music-Grinch theme).

Student performance objectives

Psychomotor: Students will demonstrate safely chasing, dodging and fleeing using the locomotor skills assigned 80% of the time.
Students can sustain a high level of cardiovascular activity 80% of the time.

Cognitive: Students can describe safely moving in general space 80% of the time.
Students can describe what cardiovascular activity is 80% of the time.



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. Runners attempt to cross the area and collect ONE coin/object.

After collecting a coin/object, they enter the safe alley, return to the start line and attempt to cross again.

They may not be tagged in the return alley.

If tagged, the runner gives the tagger all the pennies/objects collected and becomes the tagger.

When pennies are gone or time is up, all students count their pennies, place them back at the end line and return to the start line to play again.

Helpful hints

Ask students to hold the objects in their hand and not in their pockets.

Ask them not to throw pennies but place them down at end line.

Ask students not to slide to end line.

Recap

Why do you think it is important to look up and around the space while you are chasing and fleeing?

Challenge

Can you collect more pennies/objects the next time you play?

National standards

Standards 1 & 2: Fleeing; Dodging; Chasing; Spatial Awareness; Locomotor Skills.

Standard 3: Fully participates; Cardio fitness; Agility.

Standards 4 & 5: Participates responsibly and cooperates with peers; Enjoys the social interactions.

