

# Busters



*Lesson Focus: to dodge and flee the ghost to avoid being tagged (slimed) and to achieve a high level of cardiovascular activity.*

Tag Games:

# Ghost

## What you'll need

- Music (ghost busters theme) and music player are optional.
- Four green fluff balls (slime).
- Eight hula hoops.

## Skills to review and demonstrate

Safe tagging and safe use of general space.

Locomotor skills that may be used during the game.

Ask students if they are familiar with the movie and relate what "slime" is.

Waist spin with a hula hoop.

## Getting started

Scatter students in general space.

Scatter the 8 hoops around the perimeter of the space.

Pick 4 taggers and a locomotor skill to start the game.



## Student performance objectives

**Psychomotor:** Student moves safely and under control when chasing, dodging and fleeing 80% of the time.

Students achieve a high level of cardiovascular fitness 80% of the time.

**Cognitive:** Students can describe safe dodging, fleeing and chasing 80% of the time

Students can describe what Cardiovascular fitness is 80% of the time.



[Watch the Video](#)

Indoor / outdoor  
activity for grades

K-3

## Begin the action

On “go” (or when the music starts) taggers and fleers begin.

If tagged or “slimed” the student goes to one of the hoops at the perimeter and spins it around the waist 10 times to get rid of the slime.

It does not have to be 10 times in a row, just 10 times cumulatively.

After spinning the hoop they return to the game.

Stop the game after a few minutes, choose new taggers, a locomotor skill and start again.

## Helpful hints

Teach the younger students how to “hula” the hula hoops before you play this particular game.

## Recap

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

*\*Challenge\**

Can you play  
a round of tag  
without getting  
slimed?

## National standards

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

Standard 3: Fully participates; Cardio fitness; Agility.

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

