



Lesson Focus: to safely flee, dodge and chase while quickly making the whole class either a “head” or a “tail.”

What you'll need

- Music and music player are optional.

Skills to review and demonstrate

Safe two finger tagging.

Safe use of general space.

Locomotor skills that may be used during the game.

Head position: One hand on the top of the head.

Tail position: One hand behind the back making a tail.

Getting started

Scatter students in general space. Half are in the head position, half in the tail.



Student performance objectives

Psychomotor: Students will demonstrate safely chasing and fleeing using the locomotor skills assigned.

Cognitive: Students can relate reasons to demonstrate spatial awareness during play.
Students can describe what cardiovascular fitness is 80% of the time.



 [Watch the Video](#)

Indoor/outdoor
activity for grades

3-5

Begin the action

On the signal students begin to chase and flee each other (everyone is it). If tagged, you change from heads to tails and continue to flee and chase. The game is over when everyone in the room is either all heads or all tails. Begin again using a different locomotor skill.

Helpful hints

This game is meant to be a quick warm-up or can be used to fill up some extra time.

Recap

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

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; Enjoys the social interactions of game.