Color Tag

KEY SKILLS(S) and CONCEPT(S): conditioning

SUGGESTED GRADE LEVEL(S): Grades K-8

OBJECTIVES(S): Students will be able to:
• Increase their cardiovascular endurance

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):
4 - Achieves and maintains a health-enhancing level of physical fitness.
5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MATERIALS NEEDED:
• Three different colored jerseys (one jersey for each player) and a stop watch

DESCRIPTION:
1) Divide class into three teams. Each team wears a different colored jersey, for example, red, yellow, and blue.
2) The teacher calls out, “Ready, Set, Red!” The teacher starts a stop watch. The red team then attempts to tag all of the blue and yellow teams’ players.
3) Players tagged participate in stretching exercises off on side.
4) When all the blue and yellow players have been tagged, the teacher stops the clock.
5) Announce the time to the group.
6) Repeat steps 2-5 for blue and yellow teams.
7) Compare times of the teams.

VARIATIONS AND/OR SUGGESTIONS:
• This game is very strenuous. Follow it with something less active.

REFERENCES: