Fitness Tag

KEY SKILLS(S) and CONCEPT(S):  strength and aerobic 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:
• Four different colored scrimmage vests
• Open area appropriate for class size, free of obstacles

DESCRIPTION:
1) Select four students to be taggers. Each will wear a different-colored vest.
2) When these four people tag someone else in the game, the person tagged must perform an exercise before resuming play. Examples:
   - If tagged by the red vest person – do 5 pushups
   - If tagged by the blue vest person - do 5 sit-ups
   - If tagged by the green vest person – do 10 jumping jacks
   - If tagged by the yellow vest person – do 5 toe touches.
Exercises can be done at the point of being tagged or off in a separate area.

TEACHING SUGGESTIONS/TIPS:
• You may want to use markings (such as cones) to create your boundary areas.
• Elementary-create a designated exercise area outside of running area

VARIATIONS AND/OR SUGGESTIONS:
• The game can be played with more or fewer taggers.
• Pick new taggers for each game – this also gives the runners a slight “breather” while shirts are being exchanged.
• Change exercises as you like.
• You might want the taggers to call out the exercise when they tag someone.

REFERENCES: