



## 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:**

Harrison, James C. *Hooked on fitness!: fun physical conditioning games and activities for grades K-8*. Prentice Hall PTR, 1996.