



Catch a Tail

Health & PE – All Grades

Students wear a flag/scarf as a tail and try to “catch” other student’s tails.

Materials:

- 4 cones (for boundaries)
- 1 flag/scarf per student
- Music and player

Instructions:

1. Create a large (30 x 30 paces) activity area.
2. Scatter students within the boundaries, each with a scarf or flag hanging out of their waistband or pocket at least 12”.
3. The object is to “catch as many tails” (pull as many flags) as possibly.
4. On the music, students fast walk (then skip, gallop, or run in later rounds) within the boundaries and try to catch as many tails as they can without losing theirs. They should hold on to the ones they catch.
5. The students may not stop others from taking their tail by guarding it with their hands or lying down.
6. When the music stops, see who has caught a lot of tails, then put them back on and play again.

****Lesson Enhancement:** Play a “catch and release” version, where picked off flags are dropped on the ground instead of kept; then students without a flag can pick one up and keep playing.