



Go Outside Tag

Health & PE – All Grades

Students are tagged by “TV” or “Video Game.” To be untagged they must name an outdoor activity they can do instead of watching TV or playing video games.

Materials:

- 4 cones (for boundaries)
- 2 fluffballs
- Music and player
- Portable white board or chart paper with 2 different color markers

Instructions:

1. Create a large (30 x 30 paces) activity area.
2. Select two students to be taggers; name one “TV” and one “Video Game.”
3. Call out “TV” or “Video Game” to signal that they should start chasing the other students, trying to tag them with their fluffball.
4. If a student gets tagged, they stop, yell out either “TV” or “Video Game” (whichever tagged them) and begin jogging in place.
5. Another student who is untagged can “rescue” the tagged student by tapping them on the shoulder and giving an outdoor alternative activity (biking, fishing, flying a kite, etc). The student that was tagged responds by naming another activity. They give each other a high-five and continue playing.
6. Switch taggers every few minutes, and change what the students do when tagged (march in place, jump an imaginary rope, jumping jacks, etc).