

Everybody's It Tag

FMS Skills

Locomotor- running, walking, jumping, hopping, skipping, side stepping, galloping (great for practicing different types of jumps)

Equipment

Boundary markers

Area

Hall, grass, hard surface- define boundaries.

Formation

Free spacing

Instructions

- On “Go”, everyone is “it” and can tag everybody else. Students are defenders and attackers at the same time
- If tagged, players must hop on one leg but can still continue to tag others
- Players may not tag the person that just tagged them
- Stop when all players have been tagged

Variations

- Change the type of locomotor movement they have to move around using jumping, skipping, hopping etc
- To play as an elimination game, players that are tagged have to jump on the spot
- Create longer sequences when tagging players. 1st tag = hop on one leg, 2nd time tagged jump with two feet together, 3rd time tagged hopscotch (2:1:2:1)

To make it easier

- Increase the size of the area
- Increase the number of actions involved to remain alive
- Smaller groups

For even younger children (particularly under-fives)

- Don't worry so much about the rules- kids love tagging others
- Have it that if they get tagged they have to stand like a statue or balance on one leg etc and the teachers can be the special untaggers; or if they get tagged a second time (by anyone) they are free to run again
- Change the locomotor movement they have to move around using jumping, walking, galloping etc

To make it harder

- Reduce the size of the area
- Reduce the number of actions in staying alive
- Larger groups
- Introduce object control skills

