

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Category Tag

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### Game Description:

A tag game with two players starting as "it". Choose your category carefully! No equipment needed.

### Objective:

Avoid being tagged by the players who are "it" and the ones who have been tagged and are sitting down.

### Game Rules:

Select two players to be "it". The rest of the players start on one side of the field/playing area. The other two start in the middle. One of the players that are "it" yells out a category (ex: fruit). The other player who is it yells out 3 items from that category (ex: banana, apple, orange). "It" player one waits a few seconds for the players to pick one of the three options, then yells out one. If you picked that option, you must try to make it to the other side without being tagged. If tagged, player must sit down and can now tag other players. If he/she tags someone, he/she is back in the game and the person who got tagged is now sitting down.

### AGE:

7 to 9 years  
10 to 12 years  
13 to 15 years

### TYPE OF ACTIVITY:

Warm up/Cool down

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Field / Park

### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders  
3 - 4 Leaders  
Event staff

### HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Dodge  
Run