

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Caterpillar Tag

Game Description:

A great team building warm up game, no equipment needed.

Objective:

The chaser will attempt to tag the last person in the caterpillar line. The caterpillar will try to stay in the way of the chaser, protecting the last person in the caterpillar.

Game Rules:

Choose one child to be the chaser and have the rest of the group in a single file line making the caterpillar. The chaser starts in front of the caterpillar face to face with the first person in the caterpillar line. The chaser will then try to tag the last person in the caterpillar line while the caterpillar attempts to stay in front of the chaser, protecting the last person in line.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Run
Track