

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Knee Tag

Game Description:

A tag game played with a partner, no equipment needed.

Objective:

Tap your partners knees as many times as possible.

Game Rules:

Have students work in pairs. Students are trying to tap their partners knees. Every time they tap their partners knees they get one point. Students are not only trying to tap their partners knees, but also use tactics to avoid being tapped.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 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
2 Leaders
3 - 4 Leaders
Event staff

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Dodge
Track