

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Mosquito Tag

Game Description:

Funny tag game that turns children into mosquitos!

Objective:

The mosquitos must runaway from the bug spray to avoid being tagged.

Game Rules:

Children run around with noodles on their foreheads like mosquitos. The taggers are bug spray, if they tag a mosquito the mosquito must remove the noodle from their forehead and hold a balance pose. The only way to get back in the game, is for another mosquito to give the frozen mosquito their noodle back. Play multiple rounds so every child has a chance to be the tagger/bug spray.

AGE:

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

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Run
Track