

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Beaches, Bridges, & Boats

Game Description:

In this fun tag game you can escape the taggers by running over bridges, taking a boat, or staying on the beach!

Objective:

Try not to get tagged or else you become a tagger!

Game Rules:

Designate an area for the beach and for the water. Tell students they are not allowed in the water and must stay on the beach. Assign one child as the tagger. They must try to tag as many people as possible! If tagged, that student becomes a tagger. Continue playing until all children are tagged. Play the variations below to add to the game.

AGE:

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

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Run