

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Plank Tag

Game Description:

A great tag game that strengthens the core in a fun way!

Objective:

This is a tag game, that will teach children proper plank form, and build on their strength.

Game Rules:

Pick a few children to be the taggers. The taggers will run around and tag people, just like in a usual game of tag. When a child is tagged they must go down into a plank position. They must try to stay in that plank position until the children who you as a leader have designated as the "savers" come to save the children. The savers will each have a hula hoop. The savers take their hula hoop to a child in the plank position, and that child must plank through the hula hoop as the saver moves the hula hoop down their body. As soon as the child who was tagged, gets through the hula hoop, they are back in the game.

Adaptations (optional):

If a child is having a hard time with the plank, they can try performing a plank position from their knees.

AGE:

4 to 6 years
7 to 9 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:

Balance
Coordination
Run