

Fit Kids Healthy Kids – My Clipboard

Lesson 1 7-Up Tag

Game Description:

Find the tagger who tagged you!

Objective:

To develop hand-eye coordination & a sense of shared space.

Game Rules:

7 taggers stand in the play area while the rest of the group stands on a boundary line. The students on the boundary line turn around and close their eyes and stick out their thumb. 7 taggers go around and tap one thumb. When they are done, the taggers say "Heads Up, 7-Up!" The students that were tagged then have to chase the 7 taggers to find out who tapped their thumb. The students that were tagged continue tagging the original taggers until they find out who tagged them. If a tagger did not tap a student's thumb, they must say "Not me!" Coach can do a countdown to start a new round.

AGE:

7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker

SPACE NEEDED:

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

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Dodge
Run