

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Spider Tag

Game Description:

Fun variation of tag!

Objective:

Don't get caught by a spider!

Game Rules:

Assign a few children to be spiders. The spiders crouch down in a circle, this is the web. All other children run around the outside of the web. When the leaders yell "SPIDER", all the spiders jump up and try to tag as many children in 15 seconds. If a child is tagged, they join in as a spider next round. Continue playing multiple rounds until all children are turned into spiders.

AGE:

7 to 9 years

TYPE OF ACTIVITY:

Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)

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