

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Gingerbread Man Tag

Game Description:

British Bulldog style of a tag game

Objective:

Try not to get tagged by the baker!

Game Rules:

Designate the playing area into a rectangle (with cones if outside). In each corner create an oven (using mats or cones again- just need to make a square). Have the group split up into each of the four corners of the playing area and have them lie on their backs- they are the gingerbread cookies baking in the oven! Have one person in the middle- they will be the baker. Before each round starts have the baker yell out- "run run as fast as you can, you can't catch me I'm the gingerbread man!" After the baker finishes yelling that out, all the gingerbread cookies in the ovens will stand up and run to a different corner (oven) in the room. The baker will try to tag the gingerbread cookies before they reach a different oven. If they are caught- they now become a baker for the next round. Continue until all the cookies have been turned into bakers.

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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Dodge
Run