

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Snowflake Tag

Game Description:

Quick freeze tag game

Objective:

Try not to get turned into a snowflake

Game Rules:

Create boundaries for the tag game. Have 2-3 taggers that are 'Old Man/Woman Winter'. If a child gets tagged by Old Man/Woman Winter then they have to freeze where they are and turn into a snowflake (stand like a snowflake with arms and legs extended). To get back in the game, the sun (saver) has to come and melt all the snowflakes.

AGE:

2 to 3 years
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)
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:

Agility
Dodge
Run