

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Popcorn Tag

Game Description:

A tag game that turns you into popcorn!

Objective:

Tagger: To tag as many people as you can turning them into popcorn. Runners: To avoid being tagged and to help pop those who have been turned into a popcorn kernel

Game Rules:

The tagger will attempt to tag the runners. If tagged the runner will turn into a popcorn kernel by crouching down and bending over. The kernels will have to stay still until they have been tapped by a runner. When tapped the kernel jumps up and pops like popcorn, once popped the kernel becomes a runner again.

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)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Dodge
Jump
Run