

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Sky Foot Tag

Game Description:

Silly warm up tag game that is sure to be a hit!

Objective:

Try not to get tagged.

Game Rules:

Assign a few children to be taggers. If a tagger tags a player, the player must lay on their back with their feet in the air. To be saved, other players must whack a foot to the ground. You need both feet back to the ground before you are saved.

AGE:

4 to 6 years
7 to 9 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
2 Leaders
3 - 4 Leaders
Event staff

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Dodge
Run