

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Fortnite Tag

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### Game Description:

A fun twist on the extremely popular game of Fortnite!

### Objective:

The "Fortnite" taggers want to tag all of the other players with their balls. The "non-taggers" want to avoid getting tagged at all costs!

### Game Rules:

Choose a few children to wear red bibs, hold a red ball or object to identify them as the taggers, also choose a couple children to wear blue bibs, hold a blue dodgeball or object to identify them as the "medics". If a child is tagged by one of the red taggers they need to dance in place using their favourite Fortnite dance moves, e.g. the floss, orange justice, the shoot, jubilation, best friends, etc. It is the job of the "medics" to come around and save the children that have been caught by the taggers.

### Adaptations (optional):

After each round the leader should select new "knock" taggers, "dance" taggers, and "medics" to give everyone a turn at these positions,

### AGE:

10 to 12 years  
13 to 15 years  
16 to 17 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
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:

Coordination  
Dodge  
Run