

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Candle Tag

Game Description:

A tag game that becomes increasingly difficult (for the non taggers) as the game progresses.

Objective:

Turn children into candles by tagging them. Allow melting candles back into the game by running under their arms.

Game Rules:

2 or 3 children are taggers and the other children scatter around the playing area. The taggers try to catch all the other children. Once a child is tagged they must stop, place their arms out to the side and slowly melt toward the ground. If another child runs under their arms before they melt to the ground then they can start running again, if not the player joins the group of taggers.

Adaptations (optional):

Tagged children stand on one leg (instead of melting).

AGE:

7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Multi-skill game
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:

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

TYPES OF SKILLS PRACTICED:

Agility
Run