

Tag! You're it!

Health and Fitness Activities

It is very important that we ensure our children are getting enough active fitness in their everyday life. One way to do that is to play a game of TAG! There are many different ways/games of tag and here are some your children can play with their friends!



Freeze Tag

This chilly choice for tag calls on one person to be “it”. When a player is tagged, he or she stands still with their arms pointing out. To be allowed back into the action, another player must high five the “frozen” participant’s hands without getting tagged themselves. The game finishes when all players are tagged and “frozen.”

Octopus Tag

1. Pretend the play area is an ocean.
2. Choose 1 player to be the Octopus.
3. The other players line up at 1 end of the ocean. They are the Fish.
4. The Octopus stands in the middle of the ocean and calls out OCTOPUS.
5. The Fish try to run across the ocean as the Octopus tries to tag them. If tagged, the Fish become Seaweed. Keeping 1 foot planted, Seaweed try to reach out and tag the Fish running by, turning those players into Seaweed as well.
6. Once the Fish reach the other side, the Octopus calls out OCTOPUS a second time and the crossing contest starts again.
7. The game continues until all the Fish become Seaweed. The last Fish tagged becomes the new Octopus.