

The PE Shed



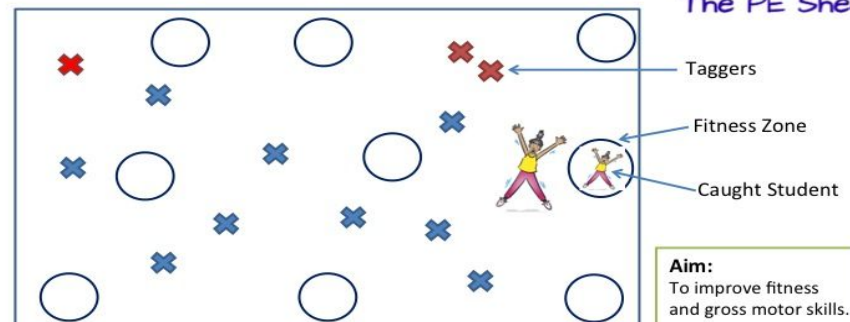
Tag Game: Fitness Tag

Recommended Age Range: Foundation - Grade 5

Focus: Gross motor skills, movement, tagging, coordination and teamwork.

Equipment	Setting Up	Description	Further opportunities
Hoops	Place hoops (fitness zones) around the playing area. Select 1-3 taggers	Taggers aim to tag all of the students. If a student is tagged, they must go to a fitness zone (hoops). Students must wait inside the fitness zone (hoop) until a peer comes along and does the specified fitness activity with them (for example 5 star jumps). Completing the fitness activity together frees them from the fitness zone.	Differentiation Easier: - Reduce taggers - Reduce the number of fitness repetitions - Reduce the difficulty of the fitness activity Harder: - Increase taggers - Increase the number of fitness repetitions - Increase the difficulty of the fitness activity Variations - Change the fitness activity (Sit ups, press ups, squats, mountain climbers, plank etc) - Individual freedom - No partner required to free them. Students to do the fitness activity on their own as soon as they get to the fitness zone.

Fitness Tag



Aim:
To improve fitness and gross motor skills.

Rules:

- Taggers (1-3) aim to tag all of the students. If a student is tagged, they must go to a fitness zone (hoops).
- Students must wait inside the fitness zone (hoop) until a peer comes along and does the specified fitness activity with them (for example 5 star jumps).
- Completing the fitness activity together frees them from the fitness zone.
- Change the fitness activity at the end of each game.