

The PE Shed



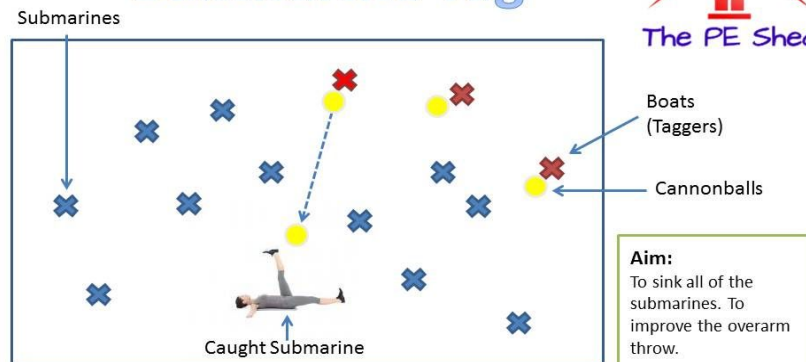
Tag Game: Submarine Tag

Recommended Age Range: Grade 1 - Grade 6

Focus: Movement, coordination, overarm throw, dodging and teamwork

Equipment	Setting Up	Description	Further opportunities
Soft Dodgeballs	<p>Mark out a playing area.</p> <p>Select 1-3 students to be catchers (Boats) and give them a soft dodgeball.</p>	<p>Boats (taggers) have to chase and throw their cannonballs at the submarines (other students).</p> <p>If a submarine is hit (below the shoulders), the must sink to the floor (on their back) and raise one foot (the periscope) pointing towards to the ceiling.</p> <p>To get freed another submarine must push down the periscope (leg) of the caught submarine.</p>	<p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none"> - Increase the size of playing area - Reduce the number of taggers (boats) <p>Harder:</p> <ul style="list-style-type: none"> - Reduce the size of the playing area - Increase the number of taggers (boats) - Throw with non-preferred throwing hand <p>Variations:</p> <ul style="list-style-type: none"> - Team submarine tag: Have teams against each other with one cannonball between the team. They must work together to sink other teams.

Submarine Tag



Aim:
To sink all of the submarines. To improve the overarm throw.

Rules:

- Boats (1-3 taggers) have to chase and throw their cannonballs at the submarines (other students).
- If a submarine is hit (below the shoulders), the must sink to the floor (on their back) and raise one foot (the periscope) pointing towards to the ceiling.
- To get freed another submarine must push down the periscope (leg) of the caught submarine.