

The PE Shed



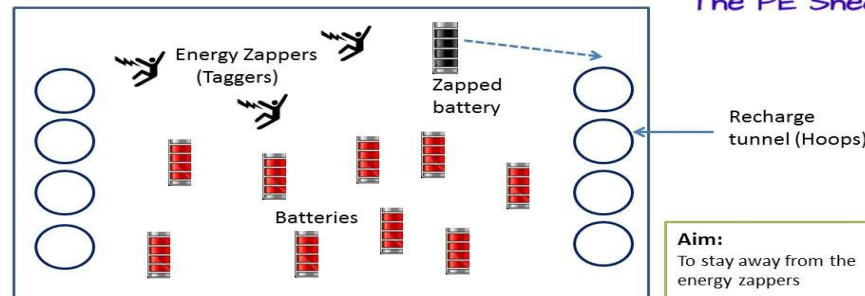
Tag Game: Recharge!

Recommended Age Range: Foundation - Grade 5

Focus: Gross motor skills, movement, coordination and fitness.

Equipment	Setting Up	Description	Further opportunities
Hoops	<p>Place 4 hoops at one end of the playing area and 4 hoops at the opposite end.</p> <p>Select 1-3 taggers (Energy Zappers)</p>	<p>Energy Zappers (1-3 taggers) are trying to tag all of the students. When they are tagged, all of their energy/life is zapped out of them.</p> <p>To recharge their batteries/life they must visit the recharging tunnel where they must do a specific exercise. Start with a simple activity such as a two footed jump from hoop to hoop (4 hoops).</p> <p>Once they have completed the recharging tunnel they are back into the game and have to stay away from the energy zappers.</p> <p>The exercises through the recharging tunnel should be changed each game (see variations)</p>	<p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none"> - Fewer taggers - No guarding of the Recharging tunnel - Reduce the distance between each hoop in the recharging tunnel <p>Harder:</p> <ul style="list-style-type: none"> - More taggers - Smaller playing area - Guarding of the recharging tunnel is allowed - Increase the distance between each hoop in the recharging tunnel <p>Variations</p> <ul style="list-style-type: none"> - Change recharge to hopping, star jumps, quick feet or squats in each hoop. - Having recharge pads where students have to do a specific exercise in to recharge their energy. (For example 5 star jumps) - Have recharging pads as Wobble/Balance Boards.

Recharge!



Aim:
To stay away from the energy zappers

Rules:

- Energy Zappers (1-3 taggers) are trying to tag all of the batteries (students). When they are tagged, all of their energy/life is zapped out of them.
- To recharge their batteries/life they must visit the recharging tunnel where they must do a specific exercise. Start with a simple activity such as a two footed jump from hoop to hoop (4 hoops).
- Once they have completed the recharging tunnel they are back into the game and have to stay away from the energy zappers.