

TAG GAMES

1. Sharks and Minnows

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. All players line up on one end of the court/field.
2. Either the Instructor or one player will be the "Shark," who is it.
3. The "Shark" will start in the middle of the court/field.
4. When the "Shark" yells "GO" the players will try to get to the other side of the boundary without getting tagged.
5. Players will stop at the other end of the boundary.
6. If a player gets tagged, they join the "Shark" in the middle and are now a "Shark" as well.

Tips:

- Incorporate different motions for getting to the other side; i.e. - skipping, hopping, etc.
- This can be played with different sports; i.e. - soccer, basketball, etc.
- Larger groups should be given criteria before they are allowed to run across; i.e. - everyone with a red shirt, everyone with long sleeves.
- Octopus Tag- In this version of the game, the player who gets tagged in the field does not become a "Shark." Instead they become an "Octopus" and are frozen but may move their arms to tag others that run by.

2. Nose Toes Tag

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.
Make a small square outside of the boundary for the jail.

How to Play:

1. Designate a player who is "it".
2. In order to be safe from the "it" player, all other players must touch their toes prior to being tagged.
3. If a player does not touch their toes in time, they have to go to jail and do an activity before they may get back into the game.

Tips:

- Create a time limit that players may be touching their toes in order to be "safe".
- The activity could be- 10 jumping jacks, 10 sit-ups, 10 push-ups.

3. Tag Ball

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with the cones.
Give half of the players balls.

How to Play:

1. Designate a player who is "it".
2. Half of the players have balls and the other players do not.
3. Players may only be tagged if they do not have a ball in their hands.
4. Players who have a ball should work together to pass the ball to those players that do not have a ball when they are in danger of being tagged.

Tips:

- This game should be played with older groups.
- Increase the numbers of players who are it, once they get the hang of the game.
- Create a time limit for how long a player can hold onto the ball.
- Any type of ball can be used in this game

4. Ice Monster

Equipment Needed: Cones, Balls

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. Designate a player to be "it".
2. If the player who is "it" tags another player that player must freeze.
3. The tagged player must stand with their legs open.
4. A player may become unfrozen if another player crawls through their legs.

Variations

- This game may be played dribbling soccer or basketballs.
- If a player is frozen they must stand with legs wide and ball held over their head.
- If players become unfrozen by having the ball roll through their legs.

5. Line Busters

Equipment Needed: Court/Field with Lines, Cones

Set Up: Outside of the boundary, create a jail for tagged players to go to.

How to Play:

1. Designate a player to be "it".
2. All players may only run or jump from line to line, including the "it" players.
3. If a player is tagged, they go to a designated jail to do 10 an activity to get out of jail.

Tips:

- Give the "it" player a ball to tag people with, they may not throw the ball.
- The activity could be – 10 jumping jacks, 10 push-ups, 10 sit-ups.
- Give a penalty for falling off the line.

6. Scribble Tag

Equipment Needed: Cones

Set Up: Create a rectangular boundary using the cones.

How to Play:

1. Designate a player to be "it".
2. If the "it" player tags another player, that player becomes "it".
3. The player that was "it" becomes a regular player with everyone else.

Tips:

- The game may be played in any sports.
- No tag backs allowed.

7. Dr. Whooozit

Equipment Needed: Cones

Set Up: Create a rectangular boundary using the cones.
Outside of the boundary, create a jail for tagged players to go to.

How to Play:

1. Designate a player to be "it"
2. If the "it" player tags someone they go to jail
3. To get out of jail they do some activity.
4. The "it" player remains "it" until the Instructor yells out the name of another player.
5. Once the Instructor names a new "it" player the old "it" becomes a regular player.

Tips:

- Create a jail for tagged players to go to.
- Create ways for players to get back into the game. The activity could be 10 jumping jacks, 10 push-ups, 10 sit-ups.

8. Safe Base (Tiger Tag)

Equipment Needed: Cones

Set Up: Create 4 or 5 "Safe Bases" throughout the playing area using cones.

How to Play:

1. The coned squares or rubber mats are "Safe Bases".
2. Designated a player to be "it".
3. When the whistle blows players have to run to a new safe base without getting tagged.
4. If players get tagged, they then also become "it".

Tips:

- Change motion players have to use to get to bases; i.e.- skipping, hopping
- You may not leave a "Safe Base" and come right back to it.
- If you have dodgeballs, you may have "it" players use them to tag people by throwing the balls at players- No head hunting.
- Players start and stop on the whistle travelling to one base at a time before the next round.

9. Spider Tag

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with the cones.
Designate lines or bases that are safe.

How to Play

1. Designate a player to be "it".
2. Players form a circle around the "it" player.
3. "It" is the spider, who can either tag players or throw a ball at them.
4. Once the whistle blows, players scatter to designated safe lines or bases.
5. If a player gets tagged or hit with a ball, they become a spider too.
6. After each round the player circle may move further and further out (web gets bigger).

10. Tag Tournament

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. This is a game of old fashioned tag.
2. Select a player to be "it".
3. Instructor will give the "it" 10 slow seconds to tag as many players as he/she can.
4. If players get tagged they are out of the tournament.
5. If the "it" doesn't tag anyone, they are out of the tournament.
6. After the 10 second rounds, Instructor will select a new "it".

11. TV Tag

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. Designate an "it" player or multiple "it" players, depending on how large the group.
2. When the person who is "it" tags someone, they are frozen.
3. If a player calls out a TV show and squats down before being tagged they will not be frozen.
4. Must call out a different TV show each time they are about to be tagged.
5. Play continues until all players are frozen.
6. Game can be played using different categories - Movie tag, Football teams, sports, etc.

12. Elbow Tag

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. Designate a player to be "it".
2. Designate a player to be the "runner".
3. All other players should pair up with a partner and link elbows (this forms a Pod).
4. When the Instructor says GO, the "it" player starts to chase the "runner".
5. The "runner" may link elbows onto any pod.
6. If the "runner" links onto a pod, the third pod member now becomes the "runner".
7. If the "it" player tags the "runner", their roles are reversed.
8. The "it" player may ONLY tag the "runner", not the Pods.

13. True/False Tag

Equipment Needed: Cones

Set Up: Make a “home base” for each team, about 25 yards apart

How to Play:

1. Select 1 player to be the caller. Divide the rest of the class into 2 teams.
2. One team is the Truth Troop, the other team is the Fib Finders
3. Have the team’s line up in between their bases, facing each other in a line.
4. The caller makes a proclamation that’s either clearly true (Coach Catie is wearing an orange shirt), or clearly false (the letter N comes after the letter A)
5. If the statement is true, the Truth Troop chases the fib finders to their base, trying to tag them.
6. If the statement is false, the Fib Finders chase the truth troop to their base, trying to tag them.
7. If anyone is tagged, they join the opposing team.
8. The game continues until all of the players belong to one team.

14. Amoeba Tag

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Designate two people to be “IT”.
2. Everyone else is to spread over the programming area.
3. The two “IT” players hold hands and chase everyone else.
4. The person they catch join the chain by linking hands.
5. When another person is caught they can stay together or split in even numbers and can link together at will. (Example – can link 2 and 2, 3 and 3, 4 and 4).
6. The game is played until everyone has been linked up.

15. Hospital Tag

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. This is played just like tag.
2. One person is it – they are “Mr. or Mrs. Yuck”
3. The rest of the class is trying to get away from Mr. Yuck.
4. If you are tagged by Mr. Yuck, you lose that limb (if you are tagged in the left arm, you must put it behind your back, if you are tagged in the right leg, you must hop on your left leg only, etc).
5. Once you lose both arms and both legs, you are out.

16. Reverse Tag

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Choose 1 person to be “IT”
2. The people who are NOT it run after the person that is.
3. The person that catches the “it” becomes it the next round.

Tips:

- This works best with small classes. Have the “not it” group count to five to give the “it” a head start running away.

17. Marco Polo

Equipment Needed: No equipment needed.

Set Up: Make a small rectangle playing area with cones.

How to Play:

1. Choose 1 player to be it – they are Marco.
2. The other players are Polo.
3. Marco must close their eyes and try to catch a Polo.
4. Everyone must WALK around the boundary and no one can touch Marco.
5. If Marco yells out “Marco!” everyone must respond with “Polo!”
6. When “Marco” is called out, all players must stay still and can’t move until “it” player has reached out to try and tag someone.
7. If a player goes outside of the boundary and Marco yells “Fish out of water” they are automatically it.
8. When Marco catches a Polo, they become Marco and a new round starts.

Tips:

- Do not allow kids to run during this game for safety

18. Spiders and Flies

Equipment Needed: Cones

Set Up: Create a rectangular boundary.

How to Play:

1. Choose a few players to be the spiders.
2. Spiders line up in the middle of the boundary and spread out.
3. Everyone else are the flies. They line up on one end, facing the spiders.
4. The spiders cannot move their feet, but they can wave their arms to try and tag the flies. The flies are trying to run from one end to the other without getting tagged.
5. If a fly gets tagged, they are stuck in the web (Feet can’t move) but they can start to tag people too.
6. The game starts by the spiders saying “We are the spiders!” Then the flies say “We are the flies!” Spiders: “We’re gonna get you” Flies: “Just you try!”

19. Prisoners Base

Equipment Needed: Flags, Cones

Set Up: Create playing field with cones that has two halves.

How to Play:

1. Divide the group into two teams.
2. Pick one student on each team to be the "prisoner" for the other side.
3. Teams try to free their prisoner by running across the other side and tagging their prisoner free.
4. If a player gets caught (tagged), they become a prisoner in the base.
5. If the player attempting to rescue their own prisoner made it into the prison through the opposing team without being caught, he/she is safe while in the prison and could pick their own time to run with the prisoner back to their own side of the line.
6. Team with the most prisoners wins.

20. What Time is it Mr. Fox?

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Choose 1 player to begin as the Fox.
2. The Fox stands 20 feet with their back turned to the group.
3. The others call out, "What time is it Mr. Fox" and the Fox shouts out a time i.e. 10 o'clock. The others would then take 10 steps toward the wolf.
4. The group will take the same amount of steps toward the fox as the amount of hours in the time i.e. 2 o'clock = 2 steps, 6 o'clock = 6 steps etc. etc.
5. When the group gets close to the fox the next time the group yells "what time is it Mr. Fox" the fox will say "DINNER TIME" and run after the group who are running back to the start line, and hopefully catch one of the group who will then be the fox.