

EMPIRE TAG

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STUDENT TARGETS

- ✔ **Fitness:** I will safely and actively participate in Empire Tag in order to warm up my muscles.
- ✔ **Fitness:** I will discuss how skill-related fitness is related to performance at work and in life's pursuits.

TEACHING CUES

- ✔ Eyes Up and Alert
- ✔ Tag Safely
- ✔ Make Passes that Close Space and Help Execute a Tag

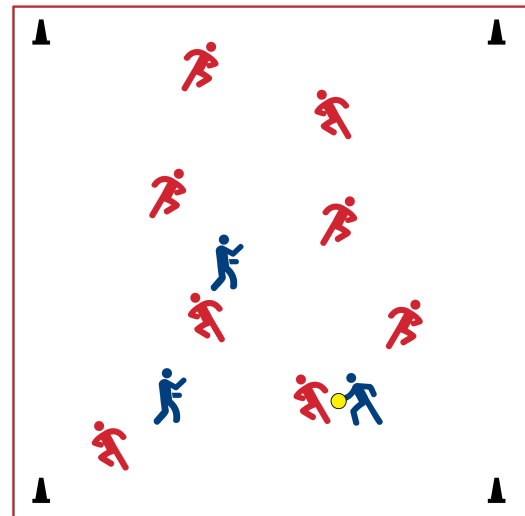
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 4 cones for boundaries
- ✔ 1 foam ball
- ✔ *Note: Create multiple games for large class sizes.*

Set-Up:

1. Create activity area with 4 cones.
2. Students scatter in the area.
3. Designate 1 player as the Emperor (aka, IT). The Emperor starts with the foam ball.



Activity Procedures:

1. Today we're going to warm-up with a fast-paced game of Empire Tag.
2. The object of the game is for the Emperor to build her/his empire by tagging other players with the foam ball. Once tagged, players join the Empire.
3. Now, the Emperor can pass the ball to new teammates in order to quickly gain an advantage and tag others.
4. When everyone but 1 player has been tagged, that player wins and becomes the next Emperor.

Grade Level Progression:

Middle & High School: Allow students to create and play modifications that work to enhance various components of health- and skill-related fitness.

STANDARDS & OUTCOMES
ADDRESSED

- ✔ **Standard 3 [M7.6]** Identifies the components of skill-related fitness.
- ✔ **Standard 3 [H12.L2]** Analyzes the components of skill-related fitness in relation to life and career goals, and designs an appropriate fitness program for those goals.

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** What are the components of skill-related fitness?
- ✔ **DOK 2:** How does skill-related fitness affect a person's ability to reach goals?
- ✔ **DOK 3:** How are the components of skill-related fitness related to Empire Tag?
- ✔ **DOK 4:** Using information you know about a career that you're interested in, design a plan for improving necessary skill-related fitness components.