



Gymnastics: Balance Tag

It is time to visit Germany! Educator Johann Guts-Muths was the founder of a system of gymnastics that was introduced into schools in Germany in the 19th century. Mr. Guts-Muths wrote several books and manuals outlining his system of gymnastics that was focused on youth.

Activity Instructions:

1. Today's gymnastics activity is called Balance Tag. This is a tag game that will also help us practice the skill of balancing, which is very important in the sport of gymnastics.
2. On the start signal, everyone inside the boundary cones will begin walking or jogging. The taggers will complete 5 jumping jacks outside of the cones before they begin.
3. If you are tagged, you will go to one of the 4 hoops at the corners and roll the die. The number you roll is how many body parts you will balance on for 5-10 seconds. After completing the balance, you will return to the game.
4. We will switch out the taggers every few minutes and identify a new locomotor skill each time we choose new taggers.

