

KETCHUP BOTTLE TAG

STUDENT TARGETS

- ✔ **Personal & Social Responsibility:** I will work safely with my classmates by tagging only below the neck.

TEACHING CUES

- ✔ Speed Walk Only
- ✔ Squirt Below the Neck
- ✔ Refill and Go

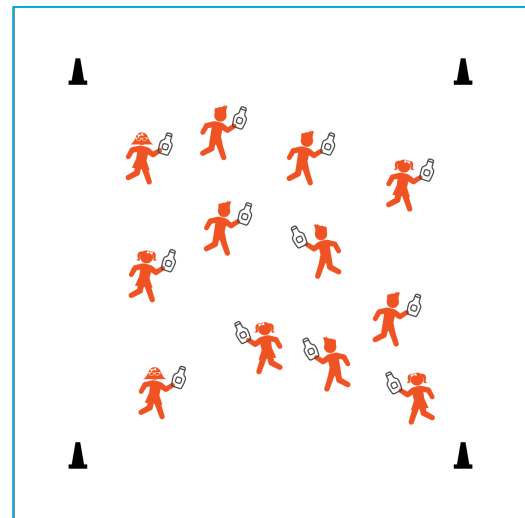
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 1 clean ketchup bottle (or other clean squeeze bottle) per student
- ✔ Students in swimsuits
- ✔ 4 cones to create boundaries

Set-Up:

1. Create a large activity area using cones.
2. Play on a safe surface that does not get slippery when wet.
3. Scatter students in the activity area, each student with a clean ketchup bottle full of water.
4. Provide a “refill station” with several teachers refilling bottles.



Activity Procedures:

1. This activity is Ketchup Bottle Tag. The object of the game is to tag other players by squirting them with your ketchup bottle.
2. On the start signal, begin at a speed-walking pace.
3. When your ketchup bottle is empty, move to a refill station and hold plank position as long as you can while your teacher refills your bottle.

Modification:

- Use any type of clean squirt bottles.
- Designate several teachers as Ketchup Bottle Targets. Students only tag teachers.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 4 [E6.3-5]** Works independently and safely in physical activity settings (3); Works safely with peers and equipment in physical activity settings (4); Applies safety principles with age-appropriate physical activities (5).