

BALANCE TAG



LEARNING TARGETS:

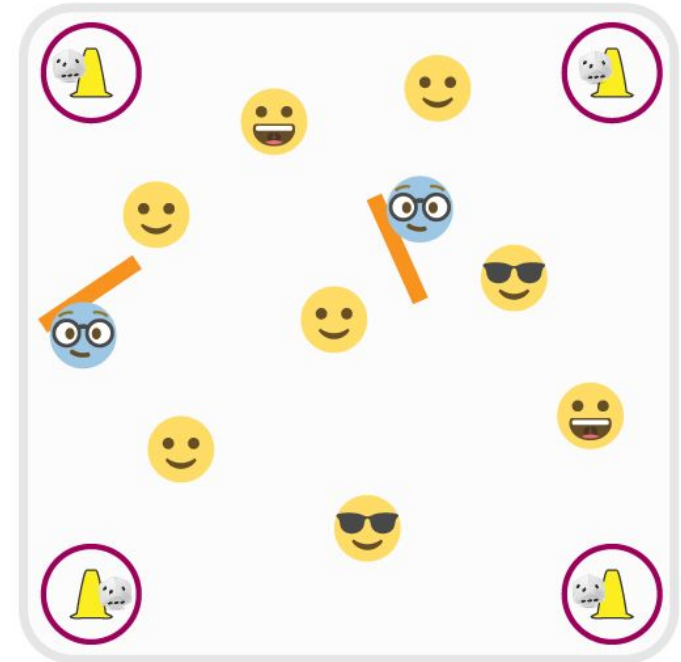
- **Skill:** I will keep my body still while balancing on different body parts for 5 seconds.
- **Cognitive:** I will identify the cues for holding a balance for 5 seconds.
- **Physical Activity:** I will continue moving during the tag game to ensure an increase in my heart rate.
- **SEL:** I will demonstrate respect for my classmates by showing good sportsmanship if tagged.

EQUIPMENT NEEDED:

- Cones for boundaries, foam balls or noodles for taggers, 4 hoops, 4 dice

ORGANIZE:

- **Space:** Place cones around the perimeter of the tag area, and place one hoop with a die inside on each of the four sides of the cone boundary.
- **Students:** Identify 2-3 taggers and have them hold either a critter or a foam ball outside of the cones. All other students spread out inside the coned area.



PROCEDURES:

- **The Object:** To utilize chasing, fleeing and dodging skills to tag others (if the tagger) or to avoid being tagged.
- **The Process:** The 2-3 taggers identified will begin outside of the boundary with a foam ball or foam noodle to use for tagging other students.
- On the go signal, the taggers will do 5 jumping jacks before entering the coned area.
- If a student is tagged, they go to one of the 4 hoops on the outside of the cones and roll the die. They will then balance for 5 seconds on the number of body parts that they rolled. For example, if a student rolls a 3 then they will balance on 3 different body parts. After completing the balance for 5 seconds, students return to the game.
- Switch out the taggers every few minutes.
- Change the locomotor skill being used by taggers and/or players each time new taggers are identified.