**JUMP ROPE CIRCLE TAG**

Grades: K-5

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| **Equipment*** 1 jump rope per student
* 1 noodle per pair
* Music (optional)
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| **Set-up*** Students find a partner and make a circle on the ground using 2 jump ropes
* Designate 1 to be the tagger. The other student will be chased. (Cat & Mouse)
* The tagger holds the noodle.
* Students stand in ready position on opposite sides of the circle.
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| **Objective*** The object is for the tagger to tag the other player.
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| **Description*** Today we are going to play a game call Jump Rope Tag. (Or cat and mouse.)
* The objective is for the tagger to tag the other player with the noodle.
* Rules:
	+ The player being chased can change directions anytime.
	+ Both players must stay outside of the jump rope circle.
* When a player is tagged, switch roles and play again.
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| **FUN HEART HEALTH INFO*** Laughing is good for your heart! It reduces stress and gives a small boost to your immune system.
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