**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. |