

JUMP ROPE CIRCLE TAG

Grades: K-5

EQUIPMENT

- 1 jump rope per student
- 1 noodle per pair
- Music (optional)

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.

OBJECTIVE

- The object is for the tagger to tag the other player.

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.

FUN HEART HEALTH INFO

- Laughing is good for your heart! It reduces stress and gives a small boost to your immune system.