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.