



Zombie Tag

STUDENT TARGETS

- **Skill:** I will travel at a controlled and moderate pace in order to maintain a safe environment.
- **Cognitive:** I will identify fleeing and dodging strategies that help me avoid the taggers.
- **Fitness:** I will work to stay actively engaged during all activities.
- **Social/Emotional:** I will follow rules and procedures in order to create a positive and safe environment.

EQUIPMENT & SET-UP

Equipment:

- 1 foam noodle per student
- 1 hula hoop per student
- Cones for boundaries

Set-Up:

- Students spread out on the outside of the boundary cones with one hoop and one noodle each.
- Teacher selects 3-4 students to begin as taggers. Taggers (zombies) bring their hoop and noodle and come by the teacher.
- All remaining students (non-taggers) leave their hoop and noodle outside the cones and spread out in the middle of the activity area.



ACTIVITY PROCEDURES

1. This activity is called Zombie Tag! The object of the game is to avoid being turned into a zombie by avoiding the taggers. You do that by using your chasing, fleeing, and dodging skills to avoid being caught.
2. Zombies (taggers) stand just outside of the cones by the teacher while all of the humans (other students) spread out in the activity area.
3. On the start signal, Zombies (taggers) will use their foam noodle to tag as many humans as they can while dragging their hula hoop behind them with one foot. If a human gets tagged, they have been turned into a zombie! They will go outside of the cones to get their hula hoop and foam noodle, and will join the taggers to turn the remaining humans into zombies as well.
4. Zombies will continue to tag the humans until you hear the stop signal or until there are no humans left.
5. We will switch out the taggers every few minutes and start a new game.

DEBRIEF QUESTIONS

- **DOK 1:** What is a rule? What is a procedure?
- **DOK 2:** How does following rules and procedures affect class games and activities?

PRIORITY OUTCOMES

Personal Responsibility and Safety:

- **Grades K-2:** Follows directions for safe participation and proper use of equipment without reminders.
- **Grades 3-5:** Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher).