

Simple Tag

Objective:

Simple Tag games are natural for young people. They are exciting, challenging and can be tweaked in countless ways to enhance the athletic development of your athletes. With a Simple Tag game you are trying to:

1. Develop and improve the ability to change direction by moving in open space for predetermined amount of time.
2. Increase cardiorespiratory fitness as it applies to sports.
3. Increase mobility and range of motion.

Materials:

None required

Procedures:

1. Decide which locomotive action you are prioritizing for the game. In other words, are they going to run or are they going to perform a simple locomotive action such as: crab walk, bear crawl, frog leap, or seal walk
2. Predetermine how many “taggers” vs “its” you will have.
3. Have your participants spread out and find open space and sit before you start. (This establishes boundaries and self-control for the sake of safety).

4. Begin your game with a start and stop signal. This can be a whistle, a “go” and “stop” or even with music. (Music is one of the best ways to start and stop your games... and it’s extremely motivating and fun for your participants.)
5. Have game run continuously for 1-2 minutes then stop. Rest for 30 seconds while switching taggers.
6. When participants get tagged they must move off to the side of the playing area and perform one of the following exercises, and then return to the game:
 - 5 pushups
 - 5 jumping jacks
 - 5 jumping squats
 - 5 burpees
 - 3-5 pullups