

Tag On One Foot With Aerobics

Objective:

Tag on One Foot with Aerobics takes a simple tag game to a new level. Athletes will face multiple challenges during this activity. With a Tag on One Foot with Aerobics game you are going to:

- Develop and improve the ability to change direction by moving in open space for predetermined amount of time.
- Increase unilateral leg strength.
- Increase cardio-respiratory conditioning.

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 participants hop on one foot whether they are a tagger or an “it.” They can change legs every 10 hops but not before that.
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 jump ropes
 - Run in place for 10 seconds
 - 10 jumping jacks