

Body Part Tag

Equipment: Cones to identify playing area

How to Play: It is best to play this tag game in smaller groups as opposed to the entire class. Divide the class into two/three groups (i.e., 8-12 players), cone a playing area off and have them play in the smaller areas. Have the students find a good self space in the playing area. Identify two taggers and the rest will be dodgers. The object of this game is to tag the dodgers on a named body part that the teacher identifies (i.e., shoulders, elbows, knees, back, etc.). The dodgers are trying to avoid being tagged on that named body part.

On the teacher's signal, the game starts. Have the students move in other ways other than running first (i.e., fast walking, galloping, skipping, etc.). Any dodgers that are tagged must immediately freeze. They can be freed by unfrozen dodgers who have to tag them on a body part other than the tagged body part (the one the teacher called out).

The taggers will have one minute to try and catch all the runners. After that, select new taggers and continue playing.

Variations:

Call out a different body part while they are playing to catch them off guard.

Make the playing areas smaller or larger.

When the teacher says "groups switch" that means the teams must stop playing, switch to another coned off area and then continue playing.

This activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.