

## Midnight

*Equipment:* None

*How to Play:* Mark a horizontal line at one end of the gym (or recreation area). This is the designated “safety” line. A student is chosen to be the “fox.” The fox is to stand about forty feet away from the safety line in a spot called his/her “den.” The other players stand behind the safety line and move forward slowly, asking “what time is it?” The fox answers with various answers such as “bedtime,” “pretty late,” “three-thirty” and so forth. As the fox answers the question, players move forward. The fox continues to draw the players toward him/her as he/her answers the question “what time is it?” At some point, the fox answers “midnight,” and begins to chase the other players back to the safety line. Any player caught by the fox joins the fox in his/her den and helps him/her catch the other players. However, no player in the den can leave until the fox calls out “midnight.” The game continues until all the players are caught.

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.