

Steal the Bacon

Equipment: Any object

How to Play: Divide the class into two teams. Have each team line up side by side on opposite end lines. Give each person a number. Place one object in the middle. Teacher will then call out a number. The students, with that number, are to go to the middle and try to get the object. Whoever picks up the object is to try to get back to their side without the other person tagging them. If they make it back without getting tagged their team earns a point. Place the object back in the middle and call out a new number.

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.