

- **You'll need:** tagging tool, foam blocks, foam balls, cones, pinnies
- **You can play:** outside, in the gym, on the blacktop

Game 1

Snowball Tag

Choose three-four players to start with a snowball (foam ball). They must try to tag others with the snowball in their hand (no throwing the snowball). Once another player is tagged, they collect a snowball and become a tagger too. The game 'snowballs' until everyone person has been caught. For a quick restart, play the game in reverse: The last two players tagged remain without a ball, they then try to tag players who do have a snowball. Once tagged, players get rid of their snowball.



Decrease the size of the play area to increase the speed of the game



Increase size of play area to slow the game down. Use pool noodles to make tagging easier

Game 2

Crossover

Divide the group into two teams and the play space into two sides (each side should also have an 'endzone' marked by cones). Like capture the flag, players are safe when they are on their side of the play area but once they cross the middle line, they can be tagged by the opposite team. The goal of the game is to run into the other team's end zone. To win, the entire team must be standing in the other team's end zone altogether. If tagged, players must take a knee wherever they were tagged. To save a team mate, players must run up to the player who is taking a knee and high five them, they then get a free walk back to their side. Once players are in the end zone they are allowed to leave again if they want.



Increase the distance to between team's endzones



Call frequent jail breaks if players are finding it challenging crossing the line,

Game 3

Four Corner Rock Paper Scissors (RPS)

Identify which corners in the play area are one, two, three, and four. Everyone will start in corner one and find someone to play RPS against. Whoever wins the match, moves on to the next corner (corner two) and plays someone new. Whoever loses the match, must go back a corner (if a player loses at corner three, they go back to corner two). If players lose at corner one they stay there and find someone new to play. If players can make it to corner four, they must challenge the teacher/leader to a game of RPS. If they win in corner four, they get one point and continue at corner one.



Change the way players move in the space (gallop, skip, backwards walk etc.)



Decrease distance between corners to slow the game down

Mindfulness



Stretch of the Day