

● You'll need: cones, nylon scarves or pinnies

● You can play: in the gym, on the field, on the blacktop

Energizer



Triangle Tag

Three people will "link" by holding onto scarves or pinnies. The forth person will try to tag one specific person in the "triangle". Members of the triangle will move together to protect that person. Once tagged, they can switch roles, so there is a new tagger. If the tagger cannot tag anyone after a minute or so, switch anyway (it's very tiring). Have groups play in their own open area of the gym.

Skill Practice



Canadian Taildogs

Every student starts by tucking a tail (scarf, bandana, pinnie) on their side (waistband or pocket) and starting on one side of the gym. The goal is to sprint and make it all the way to the other side of the gym. There are two (or more) taggers that start in the centre. After saying "go" to begin every round, they can then move anywhere they'd like to try to steal the runners tails. If the tail is stolen, that person joins the taggers in the middle for the next round. Play until only two people are left, and have them start as taggers for the next round.



Play in a condensed space to make dodging the taggers more difficult. Begin with extra taggers to increase pace of the game.



Give the runners a larger playing area and have taggers "tag" instead of stealing tails if that is too difficult.

Group Activity



Elimination Tails

Another tails game, this time with a twist. Each students gets their own tail to be tucked in. Start in a large playing area, using cones and lines to dictate the space. Every person for themselves. The goal is to steal tails to eliminate other people while surviving with your tail. However, when you lose your tail, you simply head to the "edge" of the playing area, where you can stretch and reach to steal tails from people still in the game - and steal their spot. As less and less people are in the main area, leaders will shrink the space for increases action. Play until one person is left, or until a small group remains.



Decrease the size of the playing space rapidly so that the game is action packed. Shorten the length of the tails to make grabbing them more difficult.



Give kids two tails, so that more kids are able to stay in the centre space and remain in the game longer.

Debrief



- What was your strategy to stay in the square for as long as possible? Or did you aim to play on the edge of the square?