

Candlestick Tag

Grades K-5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass

EQUIPMENT

One jersey for every two players (optional), cones (as needed)

Tip

Students who tag each other at the same time should do rock-paper-scissors. The winner returns to the game; the loser becomes a melting candle.

Tip

If no jerseys are available, have the girls play against the boys.

Variation

Change the movement periodically. Have your students skip, walk, or gallop instead of run.

1 Establish boundaries for a large playing area on the grass, perhaps the entire field. Use permanent playground features (such as trees and backstops), and cones if needed, to mark the boundaries. Split your class into two teams. One team puts on jerseys.

2 Say “Ready, go” to begin the game. The two teams chase each other within the boundaries, tagging members of the opposing team.

3 Someone who gets tagged must stop and become a melting candle. Candles bring their hands together over their heads and call out, “Help, I’m melting!” Slowly, bending at the knees, the candle begins to sink toward the ground and count backward from 10 out loud. If a teammate tags the candle before the countdown reaches 0, the tagged student is free and reenters the game. If the countdown reaches 0, the tagged student must get down and do three push-ups, then reenter the game.

One student tags another student from the opposing team (A). The tagged student begins to melt like a candle (B). One of his teammates tags him before he melts completely (C), setting him free.

