

Couples Tag

Grades 3-5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass

EQUIPMENT

24 cones

Tip

Encourage your students to be careful during this game. They should try not to pull their partners down.

A tagger couple (in front) prepares to chase and tag a running couple as they run across the playing area. All couples must hold hands as they run. Taggers must hold hands as they tag their target couple.

- 1** Establish boundaries for a medium-size square playing area on the grass (roughly 100 feet by 100 feet). Assign each student a partner and have them form couples. The partners face each other and hold both hands (see photo below). The couples line up along one side of the square. Pick two or three couples to be taggers and have them stand in the middle of the square.
- 2** The taggers say “Ready, go” to begin the game. The other couples try to run from one side of the square to the other without getting tagged; the taggers chase the running couples and try to tag them. All couples must hold both hands at all times, even when making a tag. Couples who get tagged become taggers alongside the others.
- 3** Once all running couples have reached the far side of the square, where they are safe, the tagging couples—including the new taggers—return to the middle of the square. The taggers say “Ready, go,” and the chase to the other side begins again.
- 4** The game ends when all couples have been tagged.

