

Earthquake Tag

Grades 2-5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass

EQUIPMENT

12 cones
(additional cones as needed)

Tip

Students who tag each other at the same time should do rock-paper-scissors. The winner stays in the game; the other student goes to the safety station to duck and cover.

Variation

Have your students skip or gallop instead of run.

Students who get tagged must duck and cover in the safety station for 10 seconds.

- 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. At one side of the playing area, use 12 cones to create a small, square area to be used as a safety station. Have your students spread out within the boundaries of the large area. There are no teams.
- 2 The students run around within the boundaries, trying to tag as many of their classmates as possible.
- 3 Students who get tagged pretend a powerful earthquake is taking place. They must place their hands on their heads and walk to the safety station along the side boundary. Once in the safety station, a student must get down on the ground and duck and cover (kneel down, with eyes covered) for 10 seconds. The student can then return to the game.

