

Foursquare Tag

Grades 1-5

BENEFIT

Vigorous aerobic exercise

LOCATION

Foursquare court

EQUIPMENT

None

Tip

If a student flees the lines to avoid getting tagged, he becomes the new tagger.

Tip

Students can leave the lines momentarily to pass someone who's in the way.

- 1** Put students into groups of five and assign them to a foursquare court. One student, the tagger, stands in the middle of the court. The other four students stand in the corners.
- 2** When the tagger says "Ready, go," he chases the other four students around the court. All students, including the tagger, must stay on the lines of the court.
- 3** When someone gets tagged, the game stops. The tagged student goes to the middle of the court and becomes the new tagger. The other students disperse to the four corners. The new tagger restarts the game by saying "Ready, go."



The tagger (in the center) chases the others around the foursquare court. Everyone must stay on the lines while moving around the court.