

Hospital 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 loser receives the tag.

Variation

Have your students skip 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. At one side of the playing area, use 12 cones to create a small, square area to be used as a hospital. 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 The first time a student gets tagged, he must cover the part of his body that was tagged with one hand. The second time he gets tagged, he must cover the new spot with the other hand. The third time he gets tagged, he must place his hands on his head, run to the hospital, do 10 jumping jacks, then return to the game.



Students who get tagged three times must go to the hospital area and perform 10 jumping jacks.