

Polar-Bear Patty-Cake Tag

Grades 2-5

BENEFIT

Vigorous aerobic exercise, muscular strength and endurance

LOCATION

Grass

EQUIPMENT

Cones (as needed)

Tip

Free students must not hover near any polar bears who are performing their patty-cake routine. Free students must wait for the polar bears to resume a standing position and return to the game before chasing them.

Variation

Have your students skip or gallop as they try to tag others, 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. Have your students spread out within the boundaries. There are no teams.



- 2 Say "Ready, go" to begin the game. The students run around within the boundaries, trying to tag as many of their classmates as possible.

Two students in bear-crawl position perform patty-cake slaps, reaching across and slapping their partner's hand. The students slap one side, for example, right hand to right hand, then switch and slap the other hand.

- 3 Students who get tagged turn into polar bears, getting down on the ground into the bear-crawl position (see photos above). Polar bears must bear-crawl toward each other, perform two patty-cake slaps, and promise not to tag each other for the rest of the round. The polar bears may then stand and reenter the game.

Tip

Students who tag each other at the same time should do rock-paper-scissors. The winner stays standing and continues trying to tag others; the loser becomes a polar bear and gets into the bear-crawl position.