

# Tree Tag

Grades K-5

## BENEFIT

Vigorous aerobic exercise

## LOCATION

Grass

## EQUIPMENT

24 cones

## Tip

Emphasize sportsmanship and honesty. Remind your students to assume that trees and taggers are honest when they claim a tag, even if a runner doesn't feel it.

- 1** Establish boundaries for a medium-size square playing area on the grass (roughly 100 feet by 100 feet). Have your students form a line along one side of the square, standing side by side. Call four students forward to be taggers; the remaining students are runners. The taggers begin the game spread out in the center of the square, facing the runners.
- 2** Say "Ready, go" to begin the game. The runners run from one side of the square to the other; the taggers chase the runners and try to tag them or force them to run out of the square. Runners who get tagged or go out of bounds must stop and become trees. Runners who make it to the opposite side of the square wait just beyond the boundary line.
- 3** When a student becomes a tree, she needs to stop, extend her arms to the side (like tree branches), and bring her feet and legs together to form a tree trunk. For the rest of the round, trees stay in place and try to tag classmates as they run by. Students tagged by trees become trees themselves. With each pass, more students become trees, and it gets harder to cross safely. Trees may lean as they try to tag passing classmates, but trees must not shift their feet. Each time the runners switch sides, the trees may turn to face them for the next pass.
- 4** Once the first pass is complete—all the runners have either crossed the boundary line or been turned into trees—the next pass can begin. The remaining free runners line up on their side of the square. When you call out "Ready, go" again, the runners cross back to the side where they first started. Restart the game often so the trees are not frozen in place for more than a few minutes.



A student is tagged crossing the square (A). Tagged students freeze and become trees (B).