

Triangle Tag

Grades 2-5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass

EQUIPMENT

None

Tip

Remind students that the triangle needs to turn in place and not move across the grass.

Tip

Remind students not to pull each other when holding hands.

- 1** Put your students into groups of four. Three of the students hold hands, forming a triangle. The fourth student—the tagger—stands nearby, outside the triangle.
- 2** The tagger picks one person in the triangle to be the target; the other two students in the triangle act as shields. The tagger faces the target across the triangle; the shields stand between the tagger and the target.
- 3** The tagger says “Ready, go” and begins the chase, trying to reach the target and tag her. The shields turn the triangle to protect the target, all the while holding hands. The tagger must move left or right quickly to make the tag. He cannot go over or under the center of the triangle.
- 4** A student who gets tagged becomes the new tagger and picks another member of the triangle to chase.



Three students hold hands and form a triangle (A). A fourth student chases one member of the triangle, the target. The remaining students move to turn the triangle and shield the target student from the tagger (B).