

Tunnel Tag

Grades K-5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass

EQUIPMENT

One jersey for every two players (optional), cones (as needed)

Tip

Active players may not stand and guard opponents who are frozen.

Tip

If no jerseys are available, have the girls play against the boys.

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. Split your class into two teams. One team puts on jerseys. Have both teams spread out within the boundaries.

2 The students run around and tag players on the opposing team. Tagged players must freeze and stand with their feet apart. A tagged player stays frozen until a teammate sets him free by crawling through the tunnel made by his legs.



A student who gets tagged by an opponent must freeze and form a tunnel with his legs. His teammate frees him by crawling through the tunnel.