

## READY

Children try to avoid being tagged by squatting and saying the name of a fruit, vegetable, or type of power play.

## SET

- Establish a play space (20 x 20 paces) using cones or other boundary markers. Place the markers at the four corners of the play space to designate boundaries.
- Review the Power Up! worksheet from Activity 2.
- You may wish to separate younger children (5-8 years old) from older children and have them play a separate game of Power Tag.

## GO

1. Review the fruits, vegetables, and power play ideas listed on the Power Up! worksheet with the children.
2. Lead the children in playing Power Tag by using the organization and teaching cues below.

### ORGANIZATION

- Have children scatter within the designated play area.
- Choose one out of every five players to be “It” by giving them a safe tagging item (e.g., bean bag or foam ball).
- Game starts with a whistle blow, the start of music, or when you say “Go!”
- Stop the game by blowing the whistle, stopping the music, or saying “Stop!”
- Start the game again using a new category, such as vegetables, fruits and vegetables of a certain color, or different kinds of power play.

### TEACHING CUES

- Tag softly between the waist and shoulders.
- There are no tag backs and no throwing the tagging item.
- When the whistle blows, walk quickly within the play area.
- You are safe if you stop, squat, and say the name of a fruit. You must say a different fruit every time.
- If you are tagged, you become “It” and should take the tagging item to tag others.
- Stop playing when the whistle blows again.

# Power Tag



### TIME

- Prep — 5 minutes
- Activity — 30 minutes

### MATERIALS

- One safe tagging item (e.g., bean bag or foam ball) for every 5 children
- *Optional:* Four cones for boundaries
- *Optional:* Whistle or music



# Power Tag

## GO FARTHER

- Once all are warmed up by fast-walking, change the movement to skipping, galloping, or running.
- Use Activity 3: Warm Up for Power before beginning this game. Ask the children if they remember why it is important to warm up.

## BRING IT HOME

- Encourage children to be active at home. Children can choose and perform a favorite sport or family activity mentioned in Power Tag.