

Heads or Tails

Group Size: 8-20

Age Group: K-5th grades

Length of Activity: 10 minutes

Developmental Goal: To develop active listening

Skills Practiced: Agility, running, evasion, and safe tagging

Equipment Needed: A coin

Set Up: Set up an area with two far boundaries and a dividing line directly in the middle.

Before You Start:

- Demonstrate safe tagging:
 - Light touch, like butterfly wings on the shoulder
 - Unsafe tags: hard contact that might cause the person being tagged to fall

How to Play:

- Divide the group so that everyone has a partner.
- Line all of the students up on the middle line, so that they are back to back with their partner.
- Designate one side as “Heads” and the other as “Tails.”
- Flip a coin, and announce to the students what side came up.
- If it comes up heads, all of the “Heads” students have to run back to their side before they are tagged by their “Tails” partner. If “Tails” is called, the reverse happens.
- After each round, reset with partners back in the middle

Variation(s):

- The adult can announce “Heads” or “Tails” without a coin flip.
- To make the game more difficult, make the students run to the opposite side
- Could also play “Giants, Wizards, & Elves” style, where a student has to switch teams if s/he is tagged. This would only work if there were no partners, and anyone could tag someone on the opposite team.

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