

Freeze Tag

Group Size: 20-30

Age Group: K-5th grades

Length of Activity: 15-20 minutes

Developmental Goal: To develop cooperation and listening to directions

Skills Practiced: Evasion, agility, running, body awareness, safe tagging and following directions

Equipment Needed: None

Set Up: Open area with boundaries

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
- Review how to give a double high-5
- Select two students to be 'it'

How to Play:

- To begin, the students spread out within the open area, and the leader designates what movement everyone should be using (i.e. running, skipping, hopping, walking, etc.).
- If a student gets tagged, s/he immediately freezes
- To 'unfreeze' a player, another student must give the frozen person a double high-5.
- Neither student may be tagged while unfreezing someone and taggers cannot stand around waiting for them to finish.
- The leader should switch taggers and styles of movement.

Variation(s):

- Tunnel Tag: When a student gets tagged, s/he freezes with their legs spread shoulder-width apart on the ground. To 'unfreeze' a player, another student must crawl through the player's legs from the front.
- To unfreeze a player, another student must shake hands with the frozen player and both must share their favorite cartoon, favorite food, what they want to be when they grow up, etc.

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