



KIDS ON THE MOVE



Activity: Fitness Tag

Equipment

- Hoops

Set Up

- Place hoops (fitness zones) around the playing area
- Select 1-3 students to be taggers
- Assign a different fitness activity to each fitness zone

How To Play:

- Taggers aim to tag all of the students. If a student is tagged, they must go to a fitness zone (hoops)
- Students must wait inside the fitness zone (hoop) until a peer comes along and does the specified fitness activity with them (for example, 5 star jumps)
- Completing the fitness activity together frees the student from the fitness zone

