

Fast Games

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NAME OF ACTIVITY: Elbow Tag

GRADE LEVEL: 2-5

EQUIPMENT: 4 cones, scarves or objects to identify students that are "It"

SKILLS EMPHASIZED: fleeing, dodging, chasing, running

ORGANIZATION:

1. Designate boundaries and a re-entry task zone.
2. Designate 1 of every 5 students to be "It."
3. Students are scattered.

DESCRIPTION:

1. On signal, students that are "It" try to tag the others.
2. At any time, the other students may find a partner and link elbows. For 10 seconds, while elbows are linked, students are safe from the person chasing them (count out loud). While linked, pairs should continue to walk.
3. When students are tagged, they go to the re-entry task zone and complete the designated re-entry task (e.g. 10 jumping jacks or 10 sit-ups).

TEACHING SUGGESTIONS:

1. Change "Its" every 2-3 minutes.

VARIATIONS:

1. Change the locomotor movement to skip or gallop.
2. Change the amount of time allowed for linking elbows (e.g. 5, 15, 20 seconds).
3. Two students linked up are safe until a third links up, then the outside student must leave and rejoin the game.
4. Change the re-entry task.