



Color Tag

KEY SKILLS(S) and CONCEPT(S): conditioning

SUGGESTED GRADE LEVEL(S): Grades K-8

OBJECTIVES(S): Students will be able to:

- Increase their cardiovascular endurance

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MATERIALS NEEDED:

- Three different colored jerseys (one jersey for each player) and a stop watch

DESCRIPTION:

- 1) Divide class into three teams. Each team wears a different colored jersey, for example, red, yellow, and blue.
- 2) The teacher calls out, "Ready, Set, Red!" The teacher starts a stop watch. The red team then attempts to tag all of the blue and yellow teams' players.
- 3) Players tagged participate in stretching exercises off on side.
- 4) When all the blue and yellow players have been tagged, the teacher stops the clock.
- 5) Announce the time to the group.
- 6) Repeat steps 2-5 for blue and yellow teams.
- 7) Compare times of the teams.

VARIATIONS AND/OR SUGGESTIONS:

- This game is very strenuous. Follow it with something less active.

REFERENCES:

Harrison, James C. *Hooked on fitness!: fun physical conditioning games and activities for grades K-8*. Prentice Hall PTR, 1996.