

Go Play Tag!

Chain Tag



What's Needed

- 10+ players, ages 6 – 12
- tag flags (optional)
- an open area

How to Play

- 1 player is It. When a player is tagged by It, the 2 players hold hands and become It. They run holding hands, trying to tag other players.
- Each time a player is tagged, she joins the It chain but only the 2 players on the ends can tag other players.
- The chain can be as long as the children want or they can break it into 2 parts when it becomes 4 players long. These pairs are now It.
- The game ends when all players are tagged.

Variations

- Instead of running, the players may choose to hop, skip, jump or choose whatever movement they want.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of travel.
 2. Pairing.
 3. Safe tagging.



Go Play Tag!

Cops and Robbers



What's Needed

- 5+ players, ages 8 – 12
- tag flags (optional)
- an open area

How to Play

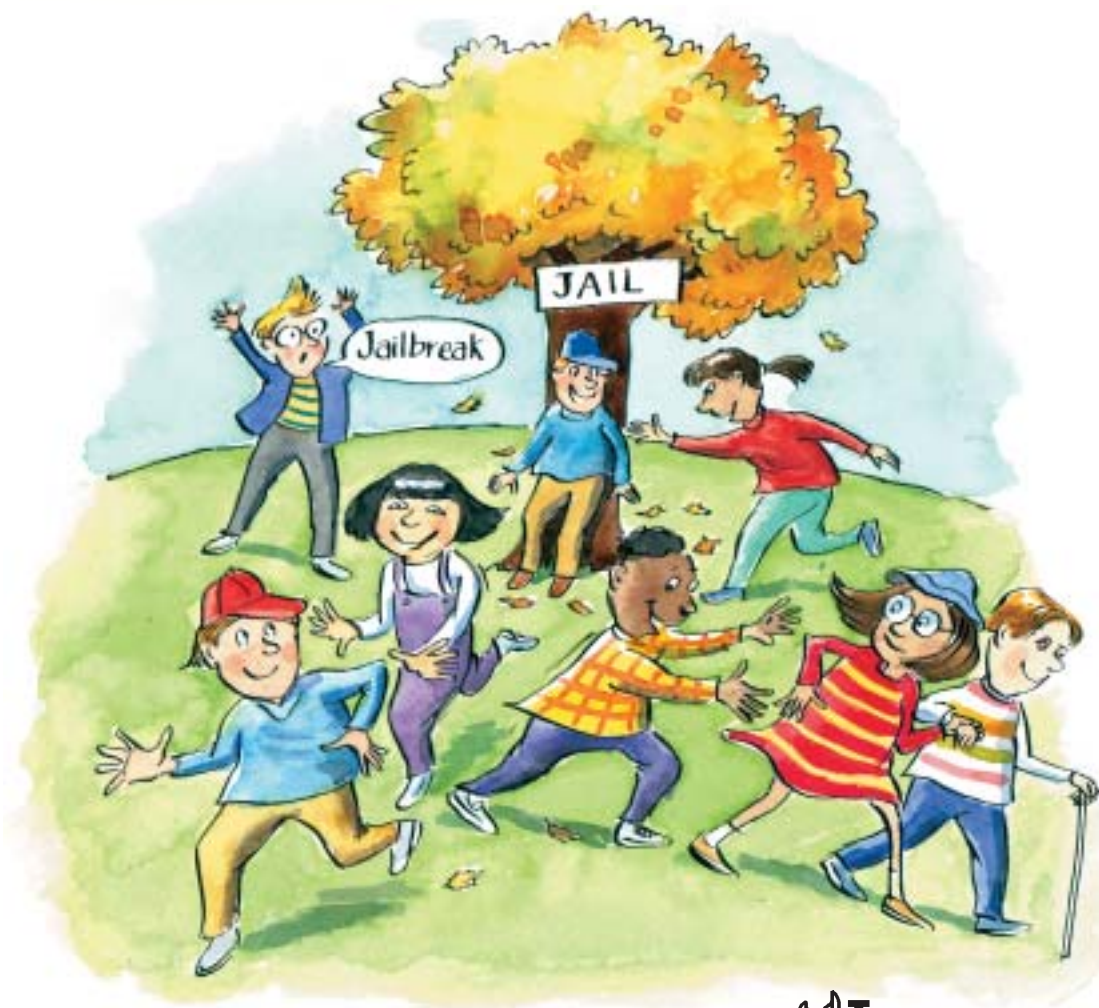
- Divide the players into 2 teams: Cops and Robbers. If there is an unequal number of players on each team, there should be more Robbers.
- The Cops have a jail they must guard. The jail can be a tree or any other marker.
- To start the game, the Cops stand at the jail and count to 10 while the Robbers run away. The Cops then try to tag the Robbers. If a Cop tags a Robber, the Robber must go to jail.
- A Robber can get out of jail if another Robber who is not in jail tags him. If a Cop sees a Robber being freed, the Cop yells, "Jailbreak!" to alert the other Cops. They try to recapture the Robber by tagging him.
- The game ends when all the Robbers are caught. The Cops and Robbers switch sides.

Variations

- Children enjoy playing girls against boys.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safe tagging.



Go Play Tag!

Dragon's Tail Tag



What's Needed

- 6+ players, ages 6 – 8
- tag flag
- an open area

How to Play

- Players stand in a line and form a Dragon by putting their hands on the hips of the person in front.
- The front person is the Head of the Dragon and the back person is the Tail.
- The Head tries to touch its own Tail. The Tail tries to avoid being caught.
- When the Tail is caught, the Head goes to the back of the line to be the new Tail. The second player in the line becomes the new Head.
- The game continues.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.



Go Play Tag!

Go!



What's Needed

- 14+ players (an even number), ages 6 – 10
- an open area

How to Play

- 1 player is It and 1 player is the Runner. Everyone else links 1 arm with a partner and stands in pairs in a large circle. It and the Runner stand outside of the circle.
- The game begins when It calls out, "Go!" and starts to chase the Runner around the circle.
- The Runner may, at any time, link up with 1 of the pairs.
- When the Runner joins a pair she yells, "Go!" and the player on the other end of the pair lets go and becomes the new Runner.
- If It tags the Runner they switch roles.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safe tagging.



Go Play Tag!

Fox and Geese



What's Needed

- 4 – 8 players, ages 6 – 12
- tag flags (optional)
- a snowy open area/a surface that can have a path marked out

How to Play

- In the snow, tramp out a path in the shape of a wheel 4 m (18 feet) across with at least 6 spokes leading from a centre point to the outside circle. The centre of the circle where all spokes meet is the safe zone. The pathways (outer circle and spokes) need to be wide enough to suit the needs of the children playing.
- 1 player is the Fox and stands in the safe zone. Other players are Geese and stand on the edge of the circle.
- To begin, the Fox yells, "Run, Geese, run!" and tries to tag the Geese as they run away. Everyone must stay on the pathways.
- When a Goose is in the safe zone, he cannot be tagged. There can be only 1 Goose in the safe zone at any time. When another Goose enters the safe zone, the first Goose must leave.
- If a Goose steps off the pathways or is tagged she becomes the Fox.

Variations

- Allow as many Geese in the safe zone as there is room.
- For 6+ players – draw an adjoining wheel for more travel space.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of travel.
 2. Pairing.
 3. Safe tagging.



Go Play Tag!

High-Five Tag



What's Needed

- 5+ players, ages 6 – 8
- tag flags (optional)
- an open area

How to Play

- 1 player is It and tries to tag all the other players.
- Players run away to avoid being tagged.
- If a player is tagged, he must stop running and hold up 1 hand. He is not allowed to move until he gets a “high-five” from another player, then he is free to run again.
- The game is over when all the players have been tagged.

Variations

- Friendly Tag – Played the same way except the free player gives a handshake instead of a “high-five”.
- Good Job Tag – When a player gets tagged, he must start to do jumping jacks (can be arms only). He can stop jumping only when another player pats him on the back and says, “Good job!”
- Freeze Tag – When a player is tagged, he must stand with legs apart and can only start running again if a free player crawls between his legs.

Ability Adaptation Guidelines

- Decide before playing:
 1. Action – what to do when tagged/how to free a player.
 2. Pace of play.
 3. Pairing.
 4. Safe tagging.



Go Play Tag!

Sharks and Minnows



What's Needed

- 6+ players, ages 6 – 8
- tag flags (optional)
- an open area
- boundary markers

How to Play

- Mark clear boundaries at ends and sides of the playing field. 1 end is the ocean, the other the lagoon.
- 1 player is the Shark and stands in the middle of the field. All other players are Minnows and line up in the lagoon.
- The Shark shouts, "Minnows Beware!" and all of the Minnows run toward the ocean.
- The Shark can move anywhere within the marked space to try and tag the Minnows.
- When a Minnow is tagged she becomes another Shark and starts to tag Minnows.
- All the Minnows who reach the ocean are winners.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of travel.
 2. Pairing.
 3. Safe tagging.

