## The PE Shed



Tag Game: Balance Tag

## Recommended Age Range: Foundation - Grade 7

Focus: Balance, coordination, movement and teamwork.

Equipment	Setting Up	Description	Further opportunities
No Equipment needed.	This can be played in any	Students are allowed to move around the	Differentiation
	indoor or outdoor area.	playing area and have to stay away from	Easier:
If outside mark out a		the balance taggers.	- Reduce taggers.
square/rectangle as a	Set a limit on the size of the		Harder:
playing area with	area.	If a student gets tagged, they must freeze	- Increase taggers.
cones/spots		and create a balance of their choice.	- Reduce playing area
	If you are playing outside,		- Increase difficulty of balance by allowing
	create an area using	To get freed, a peer must come along to	students to only use 1 or 2 points to balance
	cones/spots.	the caught student and mirror/repeat the	(For example 1 leg or Knee and head)
		balance that they are doing and hold it for 6	
	Select 1-3 taggers	seconds.	Variations
			- Students counterbalance with the caught
		The game is over, if all students are caught.	player to save them.

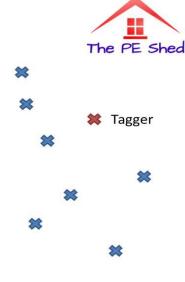
8

## **Balance Tag**



When students get caught by a tagger they must hold a balance. To get freed a peer must mirror/copy the balance for 5 seconds with them!





© Copyright The PE Shed 2016

