

# 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
<p>No Equipment needed.</p> <p>If outside mark out a square/rectangle as a playing area with cones/spots</p>	<p>This can be played in any indoor or outdoor area.</p> <p>Set a limit on the size of the area.</p> <p>If you are playing outside, create an area using cones/spots.</p> <p>Select 1-3 taggers</p>	<p>Students are allowed to move around the playing area and have to stay away from the balance taggers.</p> <p>If a student gets tagged, they must freeze and create a balance of their choice.</p> <p>To get freed, a peer must come along to the caught student and mirror/repeat the balance that they are doing and hold it for 6 seconds.</p> <p>The game is over, if all students are caught.</p>	<p><b>Differentiation</b></p> <p>Easier:</p> <ul style="list-style-type: none"> <li>- Reduce taggers.</li> </ul> <p>Harder:</p> <ul style="list-style-type: none"> <li>- Increase taggers.</li> <li>- Reduce playing area</li> <li>- Increase difficulty of balance by allowing students to only use 1 or 2 points to balance (For example 1 leg or Knee and head)</li> </ul> <p><b>Variations</b></p> <ul style="list-style-type: none"> <li>- Students counterbalance with the caught player to save them.</li> </ul>

## 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!



