

# The PE Shed



**Tag Game:** Bench Tag

**Recommended Age Range:** Grade 1 - Grade 10

**Focus:** Movement, coordination, throwing, dodging, strategy and teamwork.

Equipment	Setting Up	Description	Further opportunities
<p>Benches</p> <p>Different coloured soft balls:</p> <ul style="list-style-type: none"> <li>- Red Evil Balls</li> <li>- Blue Potion Balls</li> </ul>	<p>Students to set up benches in the playing area in positions that they choose.</p> <p>1-3 Evil Taggers are selected and given evil red balls.</p> <p>2-4 Blue potion balls are positioned around the playing area.</p>	<p>Evil taggers move around the playing area and their aim is to throw evil red balls at students below the shoulders.</p> <p>When students are hit, they are caught and stand on the closest bench (Dungeon).</p> <p>To get freed, other students must collect Blue Potion Balls and throw* them to the caught students. If the student successfully catches the ball, they are free.</p> <p>*Students can be no closer than 2 giant steps from the person they are saving.</p>	<p><b>Differentiation</b></p> <p>Easier:</p> <ul style="list-style-type: none"> <li>- Reduce taggers</li> <li>- Increase number of potion balls</li> </ul> <p>Harder:</p> <ul style="list-style-type: none"> <li>- Increase taggers</li> <li>- Increase throwing distance</li> <li>- Reduce number of potion balls</li> </ul> <p><b>Variations</b></p> <ul style="list-style-type: none"> <li>- Team bench tag: Have two teams (Reds and Blues). Red team use red balls and blue team use blue balls. You can only save a team player by throwing the correct colour ball to them. Team with the most players left at the end wins!</li> </ul>

## Bench Tag

**Taggers:** They have to catch all students by throwing a soft red ball at them below the shoulders.

**Students:** If they get hit by a red ball, they have to stand on a bench.

**Freeing:** To free a caught student, peers have to throw a blue potion ball to them and it must be caught without bouncing.

Peers must be an estimated 2 giant steps away from the bench when throwing.

