

Muscle Tag

Equipment Needed:

✓ **2-3 Scarves**

DIY Equipment:

Don't have the items needed to play?

Instead substitute any light weight piece of fabric

Get Ready!

Form an area to play in with cones, place holders, or other objects.

Instructions:

1. To begin, select somebody to be the chaser (depending on the number of people playing, you can have multiple chasers). The chaser will wear a scarf around their arm and try to tag the free runners.
2. When the free runners are caught by the chaser, they must stop and do five push-ups (sit-ups, slow knee raises, or any other strengthening activity) before rejoining the game.

Tip: Rotate chasers and free runners as time allows.

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

Can you think of an activity you do at home that requires you to use strength?

What is your favorite strength activity?