



# Partner Tag



## Get Ready!

This game is similar to the game of "tag."



**Choose** one player to be the "chaser."

**Clear** plenty of space outdoors to create an activity area.

**TIP:** Select more than one player to be the chaser to maximize movement time!

## Instructions:

1. The game will begin with all players in the activity area. Everyone will begin running, with the chaser trying to tag other players.
2. If you get tagged, you must freeze where you are and start hopping on one foot.
3. While hopping, find another player who is hopping, and hop over to each other.
4. Give each other a high-five and begin running again!

**TIP:** Players can do lunges, skips, frog jumps, or another fun movement instead of hopping.

## Family Talking Points:

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

1. Running is a type of aerobic activity that makes your heart beat faster. What is another movement that is good for your heart?
  
2. What movements did you do while you were playing that required you to balance?