

Jumping Jack Tag



It is important to work on the five components of fitness every day. Jumping Jack Tag helps you improve in each component and can help you warm up to be ready for activity. Kids will increase their heart rate through a vigorous activity.

Supplies:

- Balls

How To:

1. Gather kids in a semi-circle formation and choose 2-3 kids to be taggers. Give them a foam ball.
2. Instruct the kids to scatter around the playing area, while taggers stay in a central location.
3. On the signal to begin, kids will move around the area. The staff may call out a type of movement that they have to do like skipping or crab-walking.
4. If tagged, kids will go outside the boundaries and do 20 jumping jacks before returning to the game.
5. Switch taggers and movement every 2 minutes.
6. Other suggested movements are: gallop, march, power walk, side slide, and bear walk.