



Tig / Tag / It!

What's needed

- 4x Home Mats
- 10x Action Mats
- Music (optional)
- Stopwatch/Timer

How to play

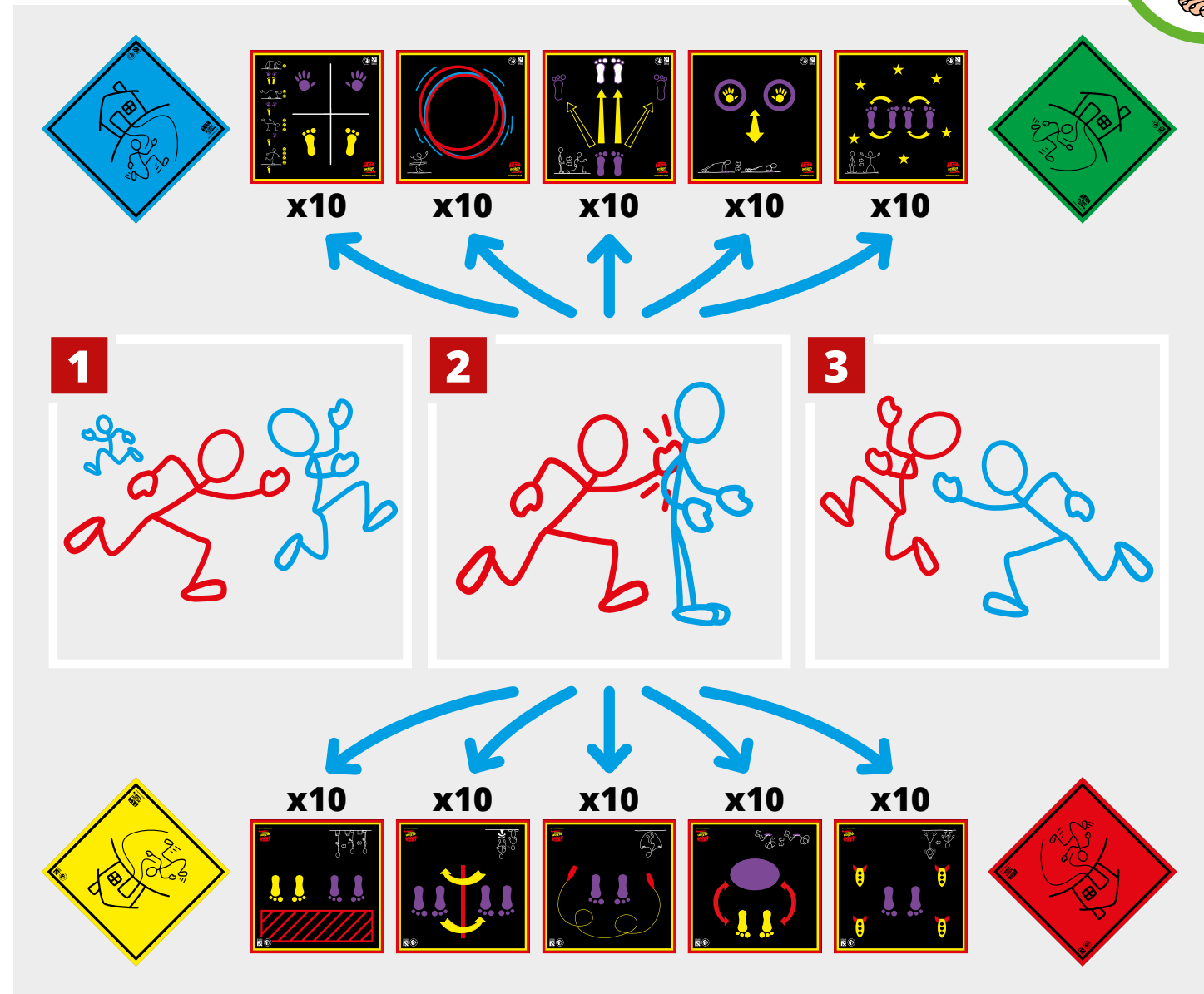
2 taggers.

When tagged, do 10 reps on any mat.

If all mats are occupied, then wait on home base for an Action Mat to become free.

Once 10 reps have been completed, the tagged person becomes the tagger.

The Setup





Suggested age range

KS1 and KS2

Learning outcome

To develop agility and spatial awareness to defend and attack

Reference: Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013)

Success criteria (measuring impact)

Use of a wide range of skills and strategies to avoid getting tagged

Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

Assessment for learning questions (adapt for key stage)

Pre-activity:

- What is the difference between attack position and defence?
- What top tips can you suggest to avoid getting tagged?

Post-activity:

- What did you do better or differently to improve?
- If you were tagged, how did you deal with losing?
- Is playing a game only about winning?

Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest



Differentiation and personalisation

- Increase the number of children tagging
- Ask a child to lead warm-up or cool down

Main focus

To use space efficiently and effectively and to avoid getting tagged

Cool down

Teacher leads - 30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretch

Reflect

In which activity do you think you have demonstrated your personal best?

What improved skills have you achieved?

Where do you feel you could have done better?

What would be your goal for next time?

What have you learnt about yourselves today?