

Couch Potato Tag

This tag game can be used as a warmup or instant activity to get students moving right away. A focus on sharing equipment & learning that our energy comes from the food we eat.



Standard Aligned:

- **PREK-2:** 2.2.2 Identifies simple strategies in chasing and fleeing activities.
- **3-5:** 2.5.2 Demonstrates knowledge of offensive strategies in small-sided invasion practice tasks.
- **3-5:** 2.5.3 Demonstrates knowledge of defensive strategies in small-sided invasion practice tasks.

Equipment:

- 4 Rubber fruits/vegetables for rescuers
- 4 Short foam pool noodles for taggers

Game Set Up: Select 4 students to be “IT” - they get a noodle and are the “Couch Potato Taggers.” Select 4 students to be the “Rescuers” they get a fruit or vegetable.



Directions:

1. On the signal, the “Couch Potato Taggers” try and touch as many people as they can.
2. If a player is tagged, they must sit down & raise their hand - they are now a couch potato.
3. Players carrying a healthy snack (rescuers) look for students who have been tagged and give them their healthy snack to get them back in the game.
4. A player carrying a healthy snack cannot be tagged.

Best Practices:

- The stop light system is a great way to only keep 2 students out of the game for a brief time.
- Play several short rounds allowing taggers to give the noodle to someone new. You can play for an allotted time or until everyone that wants to be a tagger gets a chance.
- Players that end a round with a healthy snack can keep it to start the next round as they'll give it away as soon as they see someone has been tagged.