



Tag Games

Lesson 15: Hula Ring Tag

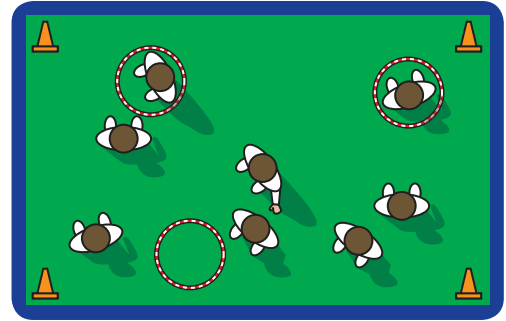


- Objectives:** The Student will:
- Develop cardiovascular endurance, agility, speed, and cooperative learning.

Equipment: Four or more cones, six to eight hula rings.

Activity: 1. Designate game boundaries with cones for students to play tag. Place eight hula rings on the ground in various locations within the boundary of the four cones. Be sure the area is safe for students to run, stop, chase, and dodge, such as grass etc.

2. On the signal, 2 students will try to tag other students. A student will be safe if they stand in a ring, but no more than two students may stand in a ring. The students may stay in the ring for only ten seconds. The first time a student is tagged they are "it" too.
3. Continue to play this game until everyone has been tagged.



Bienestar Daily Health Message:

Eat a peach today. Peaches are sweet and delicious and better than candy.

Bienestar, mensaje diario de la salud:

En vez de dulces, come hoy un durazno. Los duraznos son dulces y deliciosos.