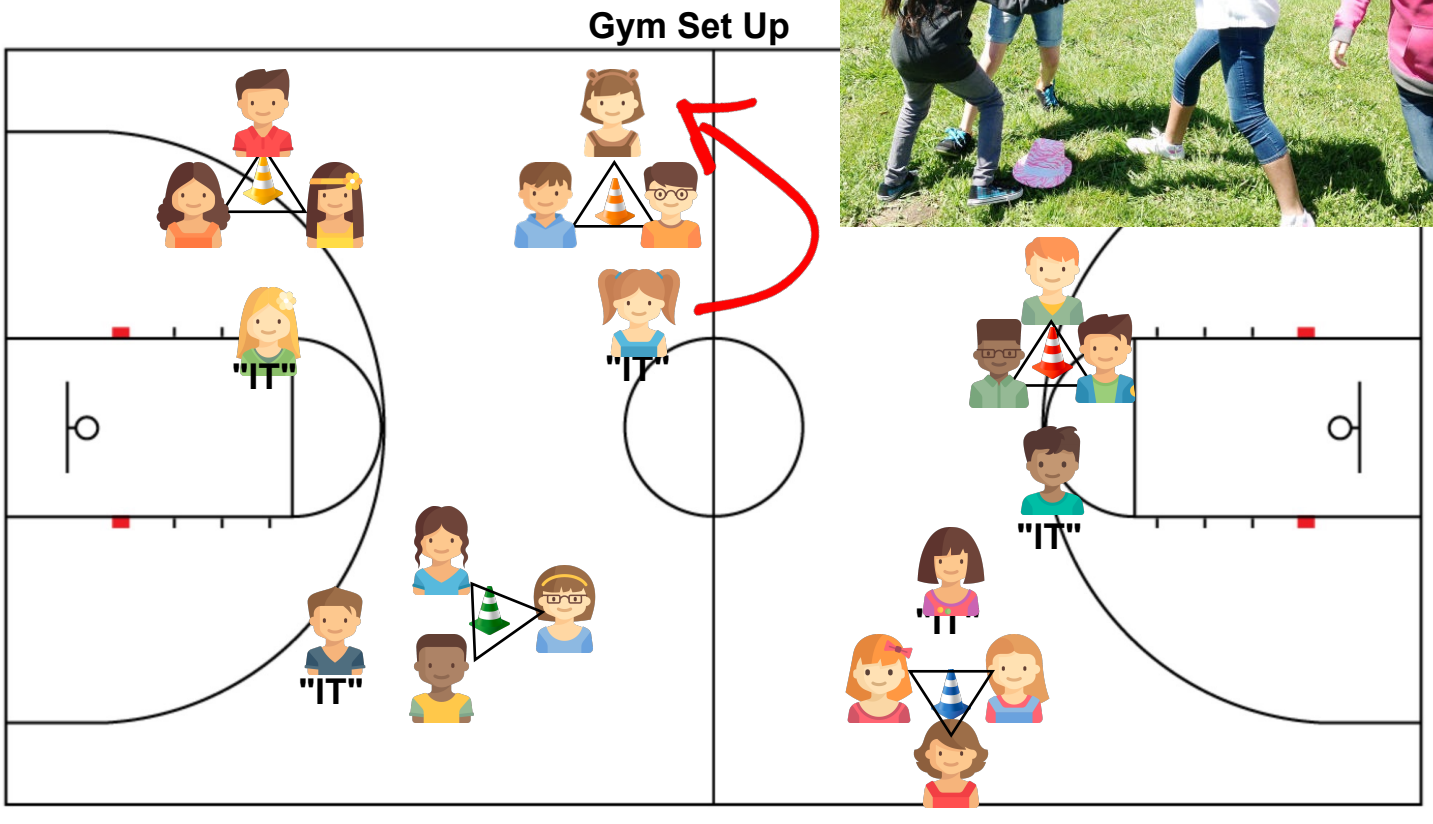
Warm Up

Triangle Tag

@pe4everykid

Equipment: 1 cone or poly spot per group of 4 students.

Set-up: Students get into groups of 4. They choose one person to be "IT". The three remaining players hold hands forming a triangle and place the cone or poly spot in the center of the triangle.

Game Play: When the music starts, whoever is IT must chase the player directly across from them by running around the triangle. The players holding hands must work together to rotate their triangle either clockwise or counterclockwise to help the player being chased to avoid being tagged. If they get tagged, they are now IT and must chase one of the other two players. The cone or spot in the middle helps keep the groups from traveling around the gym.

Note: – Remind students that a tag is a “touch” and that we don’t intentionally hit/slap or push. Touch safely. I play this as a warm up/instant activity for about 5-7 minutes.