

# BALANCE TAG

## TAG ACTIVITY



## EQUIPMENT

ONE BEANBAG PER STUDENT AND A PLASTIC RULER EACH.

## INSTRUCTIONS

THE GAME STARTS WITH STUDENTS PLACING A BEANBAG ON THEIR HEADS AND BALANCING IT WITHOUT USING THEIR HANDS. THE TEACHER THEN PICKS ONE STUDENT TO BE THE TAGGER, AND THEY HOLD THE PLASTIC RULER. THE REST OF THE STUDENTS MUST CONCENTRATE ON MOVING AROUND WITHOUT THE BEANBAG FALLING OFF THEIR HEAD. IF A STUDENT'S BEANBAG FALLS OFF, THEY MUST STOP AND REPLACE THE BEANBAG ON TOP OF THEIR HEAD. IF A PLAYER IS TAGGED WITH THEIR BEANBAG ON THEIR HEAD THEY SIMPLY SWAP THE BEANBAG FOR THE PLASTIC RULER AND CHANGE ROLES. IF A STUDENT IS TAGGED WITHOUT THEIR BEANBAG RESTING ON THEIR HEAD YOU CAN INTRODUCE A PENALTY SYSTEM, LIKE FIVE STAR JUMPS, FIVE PUSH-UPS, FIVE SIT-UPS OR ANYTHING YOUR CLASS CAN COME UP WITH. YOU CAN ALSO MAKE THE GAME ELIMINATION, SO IF A STUDENT IS TAGGED THEY STAND TO THE SIDE UNTIL ONLY ONE STUDENT IS LEFT WHO IS CROWNED THE WINNER. THIS IS A FUN GAME FOR MIDDLE SCHOOL STUDENTS AND UP.



BreakAppz



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