

# NOSE & TOE TAG

## TAG ACTIVITY

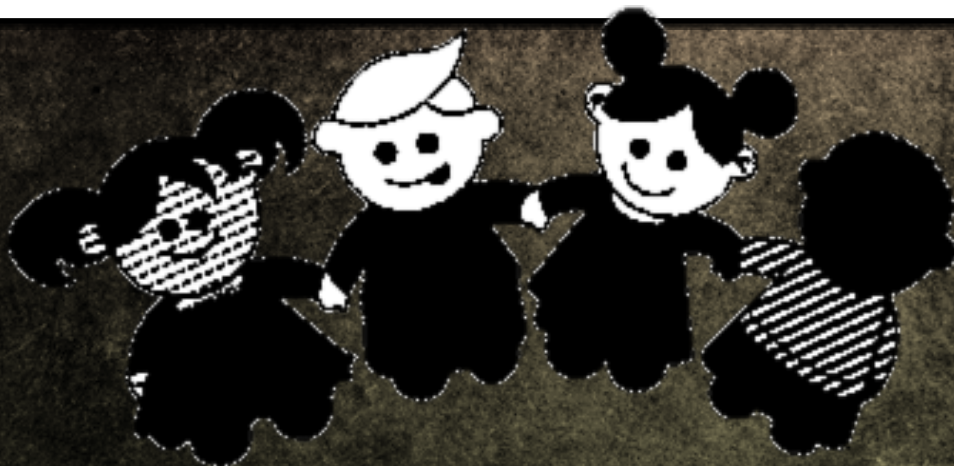


### EQUIPMENT

FOUR CONES TO MARK 10M X 10M SQUARE AND TWO COLOUR BANDS FOR THE TAGGERS.

### INSTRUCTIONS

TWO STUDENTS ARE PICKED TO BE THE TAGGERS, THE OTHER STUDENTS SPREAD OUT IN THE PLAYING SQUARE. STUDENTS CAN AVOID BEING TAGGED IF THEY ARE STANDING ON ONE FOOT HOLDING THEIR NOSE WITH ONE HAND AND THEIR FOOT WITH THE OTHER. IF TAGGED WHEN NOT IN THIS POSITION THEY BECOME THE NEW TAGGER, AND SWAP WITH THE STUDENT WHO TAGGED THEM. THE TAGGERS ARE NOT ALLOWED TO PUSH STUDENTS OFF BALANCE, BUT THEY CAN WAIT MOMENTARILY TO SEE IF THEY LOSE BALANCE AND TAG THEM THEN. NOSE & TOE TAG IS A FUN GAME TO WARM UP AND IMPROVE BALANCE.



BreakAppz



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