

Name/Title: North Pole Tag

Purpose of Event: Students will practice cardiovascular fitness while performing various locomotor skills.

Prerequisites: Students need to know how to perform the locomotor skills and how to safely chase, flee and dodge others.

Suggested Grade Level: K-2

Materials Needed: 2 reindeer antler headbands, 2 green pinnies, 2 green foam noodles (as used in swimming pools), (optional) music from the movie “Grinch”

Description of Idea

As students enter the gym, tell them that they are now at the North Pole. Designate two students to be Grinches, two students to be reindeer, and the rest of the class to be elves. The reindeer will wear antler headbands and the Grinches will wear green pinnies and carry green foam noodles to be used as tagging instruments.

Review safe tagging, fleeing and dodging skills. Tell students that the Grinches hate Christmas and want to stop the elves from working. The Grinches will be chasing the elves and will say “stop working” as the elves are tagged. The elves need to stop and freeze until a reindeer comes by to unfreeze them. The reindeer will say “get back to work” as the elves are tagged. Tell the students that one of the goals is to keep everyone moving, so the reindeer have to be unfreezing the elves as soon as they can!

Direct the students to perform specific locomotor skills. Every few minutes, switch locomotor skills and switch roles so that others have the opportunity to be a Grinch or a reindeer. Playing music from the movie “Grinch” would be a good addition to this type of game and a good way to signal the start and stop of each locomotor skill.

Assessment Ideas:

If pedometers are used, the number of steps can be recorded to measure the amount of physical activity performed.

Cooperation can be assessed by asking how well everyone worked together to unfreeze the elves.

Adaptations for Students with Disabilities:

Adjust the locomotor skill to their level.

Submitted by **Janice Ruybal** who teaches at Scott Elem in Colorado Springs, CO. Thanks for contributing to PE Central! **Posted on PEC: 3/25/2006.**

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