

Game



Ski Jump Tag

Objective

The goal of this game is to avoid being tagged. If tagged the goal is to perform 3 Ski Jumps (i.e. two-foot jump) over the pool noodle.

Set-Up

- Choose 5-6 participants to be the taggers.
- Every tagger gets a long pool noodle.
- Participants move around the activity space avoiding being tagged. You can suggest different ways for them to move (e.g. run, skip, gallop etc.).
- When a tagger tags someone, the tagger places the pool noodle on the ground in front of the tagged person.
- The tagged person completes 3 ski jumps over the noodle.
- After the 3 ski jumps they switch roles.
- The tagged person picks up the noodle and becomes the new tagger.
- The previous tagger becomes a participant and moves around the activity space.
- Play for a designated period of time.

Adaptations and Modifications

- Increase or decrease the activity space.
- Change the way participants move around (e.g. skipping, galloping, side shuffling).
- Increase or decrease amount of ski jumps performed.

Safety

- Remind participants to keep their heads up when moving around the activity space.

Diagram: Ski Jump Tag



Equipment Pool Noodles

