

Ready

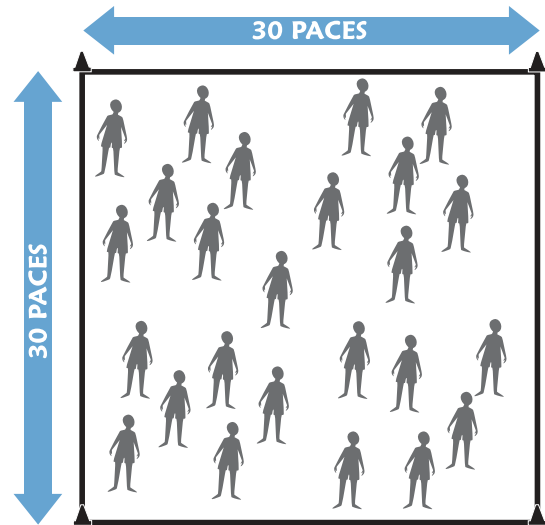
- 4 cones (for boundaries)

Set

- Create a large (30X30 paces) activity area.
- Scatter players throughout area.

GO!

1. Today's game is *Hospital Tag* where everyone is it and all are trying to tag as many others as possible while avoiding a tag from others.
2. On "Go," move inside the boundaries. On "Hospital Tag!" try to tag others using a 2-finger tag between their shoulders and waist. We will start at a walking pace. As I see you move responsibly, we may move to faster locomotor skills.
3. If tagged, you have a "wound" and you need to put a bandage on it (1 of your hands).
4. Keep trying to tag others, using your only hand.
5. When tagged a 2nd time, put your other hand on the new wound and move out of bounds to the "hospital." Here you complete a wellness task (e.g., 5 push-ups, 5 jumping jacks, 5 jump tucks, etc.) then re-enter the game with no injuries.
6. **Challenges**
 - How many tags can you make before you need to go to the hospital yourself?
7. **Move More**
 - Why do you think heart disease is so common in the US?
 - What should we do as a country to help people prevent heart disease?



Safety First

- A 2-finger tag is not a stab or a slap. Practice on yourself first.

HOSPITAL TAG



Rewind

- **3 Tags** – You must be tagged 3X before going to the hospital. After your 2nd tag, you can't tag anyone else, so hope to get a "mercy tag" from someone so you can go to the hospital to get "well."

Fast Forward

- **MASH** – A Mobile Army Surgical Hospital (MASH) will be made up of 5 designated players. They have their own hoops (ambulances) and can escort you to the hospital after your 2nd tag. Just jog in place and call "MASH" and they will come. Hold onto their hoop and jog 1 length of the area before re-entering.



HOME PLAY

Move More

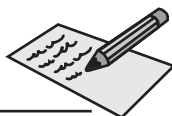
What should you do if someone you see has a heart attack in front of you? Do you know CPR? If so, do as you were trained. If not, call 911 immediately. Calling 911 gets you help in a hurry. Discuss with your parents about calling in an emergency.



GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Responsibility

NOTES





THE RIGHT FIT

Group Size

- Small – Can be played with as few as 5 players.
- Large – Can be played with very large groups, just increase the size of the area. Keep the pace at a fast walk to be safe.

Limited Space

- Keep at a fast walk or slower. Playing tag games with paper plates under players' feet slows down the tempo.

Wide Age Range & Skill Levels

- If there are enough players, create 2 separate side-by-side games and allow players to choose between "Recreational" and "Competitive" playing levels.