

Tag! You're IT!



*Looking for a 'physical challenge' to use in your class? Push-ups
~ one-armed or standard ~ are a good choice.*

Eatfit encourages students to take responsibility for personal health, learn the nutrition facts they need to choose a balanced diet and maintain fitness in all 3 areas: aerobic capacity, strength and flexibility.

Using **EatFit** in 5th Grade? Here are some P.E. activities that complement the curriculum, suggested by the P.E. Team at Fairview Middle School in Gonzales.

Pictured here are **Marianne Peixoto, Sally Smith** and **Deanna Orr**. These P.E. teachers demonstrate strength in one-armed push-up and crunches, and their flexibility and aerobic capacity comes into play (pun intended) in a fast game of tag.

They recommend the following activities, which are linked to page 5, page 8 and page 15 in the **EatFit** student workbook. These activities are suitable for 5th grade students and are enjoyed at Fairview by each new class. No equipment is needed.

Elbow Tag

Pairs of students who are linked together arm in arm at the elbow are safe. In this style of tag, when a third child joins the pair by linking to an available arm, the person on the opposite arm must escape to find a new partner before being tagged.



*Crunches ~ another great “physical challenge”.
They build the torso strength needed to help
5th grade students pass the Fitnessgram.*

Partner Tag

Everyone chooses a partner - this is the only person they will be chasing. Decide who will start as the chaser. On the teacher's signal, the chaser will spin 3 times and then go after their partner. Once the chaser tags the person who is fleeing, the roles are reversed. Before the new chaser goes, they must spin 3 times.

Line Tag

This walking tag must be played on a court with lines, and everyone must *stay* on the lines. One or two students are designated taggers and everyone else can walk wherever they want, as long as one foot always remains on the line. When tagged, the player must complete a physical challenge (Crunches? One-armed push-ups?) before being allowed back in the game. Change taggers often. (This game can also be played by 4 teams - one team attempts to tag all other teams. Rotate which team tags.)



Everyone's It

This can be done either walking or running. Just like it sounds you may tag anyone. Once tagged, you go to the ground on one knee and raise one hand. When someone comes by and gives you a high 5, you are back in the game.

Deanna Orr observed that after all this vigorous play, 5th grade boys expressed their newly-found respect, on finding girls to be as strong as boys ~ and often, stronger.