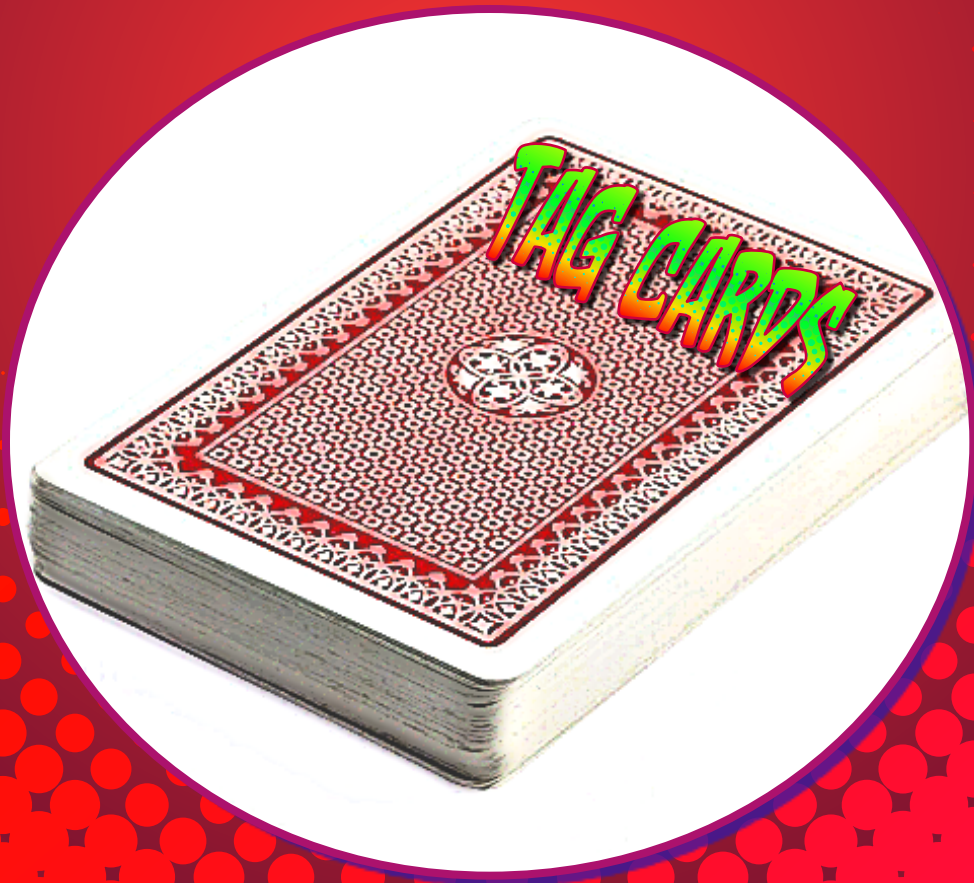


# PHYSICAL EDUCATION

# TAG CARDS



MR. CLARK'S PHYSICAL  
EDUCATION STORE

# HOW TO PLAY

3-4 STUDENTS SITTING ON POLY SPOTS

PILE OF SHUFFLED CARDS FACE DOWN IN MIDDLE

STUDENTS TAKE TURNS DRAWING CARDS

ACT OUT/POINT TO EARN CARD

IF TAG CARD DRAWN

PLAYER DOES 2 BURPEES

THEN TRIES TO TAG PARTNERS

EARNs CARDS OF 1ST PLAYER THEY TAG

ACTIVITY CONTINUES..

# DETAILED DIRECTIONS

STUDENTS ARE IN GROUPS OF 3-4 WITH A STACK OF PE TAG CARDS IN THE MIDDLE OF THEM THAT ARE FACE DOWN AND A POLY SPOT WHICH IS THEIR SAFE AREA. THEY TAKE TURNS PICKING CARDS FROM PILE. THEY MUST ACT OUT/DO MOVEMENT/POINT TO IN ORDER TO EARN CARD. IF A PLAYER DRAWS A TAG CARD THEY IMMEDIATELY DO 2 BURPEES WHILE THEIR PARTNERS GET A HEAD START. THEY THEN CHASE THEIR OPPONENTS AS THEIR OPPONENTS MOVE TO TOUCH ENDLINE/CONE ETC. AND MAKE IT BACK TO SPOT AND SIT. IF THEY TAG SOMEONE FROM THEIR GROUP THEY WIN ALL OF THEIR CARDS FROM THE FIRST PLAYER THEY TAG ONLY! PLAYERS AVOIDING TAG CAN BE SAFE IF THEY MAKE IT BACK TO THEIR SPOT AFTER TOUCHING ENDLINE OR FAR CONE. THE GOAL IS TO BE PLAYER WITH MOST/ALL OF THE CARDS BEFORE ALL CARDS ARE GONE. HAVE STUDENTS RE-STACK PILE AND PLAY AGAIN.



**COMES WITH**

**9 MOVEMENT CARDS**

**18 EXERCISE CARDS**

**15 BONE CARDS**

**12 MUSCLE CARDS**

**9 RANDOM CARDS**

**12 TAG CARDS**



WALK

SKIP

RUN

HOP

JOG

GALLOP

JUMP

LEAP

DANCE

BEND

CRABWALK

BEAR CRAWL

**JUMPING  
JACK**

**PLANK  
JUMP**

**BURPEE**

**SQUAT**

**MOUNTAIN  
CLIMBER**

**PLANK**



SCISSOR  
JUMP

BODY  
FOLD

WINDMILL

LUNGE

STAR  
JUMP

SKI  
JUMP

HALF  
JACK

WACKY  
JACK

PUSH-UP

CRAB  
KICK

SHOW-HAND  
PUSH-UP

COFFEE  
GRINDER

FEMUR

STERNUM

CRANIUM

PELVIS

HUMERUS

PHALANGES



**METACARPALS**

**METATARSALS**

**VERTEBRAE**

**RIBS**

**FIBULA**

**PATELLA**

**TIBIA**

**SCAPULA**

**MANDIBLE**

**LATISSIMUS  
DORSI**

**BICEPS**

**TRICEPS**

**QUADRICEPS**

**HAMSTRING**

**DELTOID**

**GLUTEUS  
MAXIMUS**

**ABDOMINALS**

**OBLIQUES**



**TRAPEZIUS**

**PECTORALIS**

**GASTRONEMIUS**

**MOVEMENT  
CHOICE**

**EXERCISE  
CHOICE**

**NAME  
BONE OR MUSCLE**

**KNEE TO FEET  
JUMP**

**RUN AROUND  
GROUP**

**10 BURPEES**

**MAKE SOMEONE  
DANCE**

**PRETEND  
TO SWIM**

**DO  
3 EXERCISES**

**TAG!**

**TAG!**

**TAG!**

**TAG!**

**TAG!**

**TAG!**



**TAG!**

**TAG!**

**TAG!**

**TAG!**

**TAG!**

**TAG!**