

Frozen tag

One or two taggers try to tag other players, who must hold a static balance for five seconds.

What to do

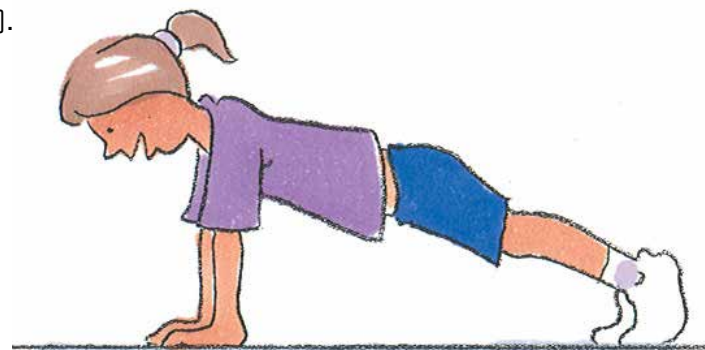
- > When you say 'GO!', one or two taggers try to tag other players.
- > Once tagged, a player must hold the particular static pose that you call out.
- > To become free, they must hold this position for 5 seconds.
- > Static holds could include front support, rear support, stork stand, crab support, straddle stand.

Change it

- > Change static hold to increase physical exertion or give players a rest.
- > Vary the way in which players can be freed (e.g. other players could touch them, crawl underneath them, or step over the top of them).



ARABESQUE



FRONT SUPPORT



ANGRY CAT

Safety

- > Players need to maintain core stability in the static position.

Ask the players

- > Which balances are easier to hold?
- > What can you do when your balance becomes difficult to hold?

LEARNING INTENTION

Frozen tag is a fun energiser that develops core strength. It also requires players to be aware of others.

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE FLEXIBILITY

SELF-REGULATION (PHYSICAL) STRENGTH

CONTENT KNOWLEDGE

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43