

# Noodle Tag

|                      |                           |
|----------------------|---------------------------|
| <b>Age:</b>          | 3 – 8 Year olds           |
| <b>Participants:</b> | 5+                        |
| <b>Time:</b>         | 5-10 Minutes              |
| <b>Equipment:</b>    | Cones, Pool Noodles (cut) |

## Skill(s):



Running



Balancing



Dodging

## Set Up:

- Set up a square of cones appropriate for the size of the group
- Ensure you have at least two cut pool noodles (preferably of different colour; about 50cm in length)

## Description:

- Assign one colour of pool noodle as a 'tagger', and the other pool noodle as a hero
- Children have to run around and avoid the tagger/s, who will be trying to gently tag others with their pool noodle
- If they are tagged by the tagger, they have to balance on one leg
- The hero has to run around and free people who are balancing, by gently touching them with their pool noodle
- Once free, the child will be free to run around again



## Variations:

- Remove heroes to simplify
- Change the type of locomotion (e.g. Skipping, jumping, hopping)
- Change the action after being tagged (e.g. star jumps, hopping, etc)

## Teaching Points:

### Running

- Hip to lip – arms are bent and travel from a child's hip to their lip
- Hands closed lightly – like holding a small bird
- Eyes up
- High knees
- Land on the ball of the foot

### Dodging

- Bend, push & turn
- Look straight ahead
- Use only one step to change direction

### Balancing

- Head up
- Aeroplane arms
- Eyes looking forward at something ahead of them (eg. Tree)

