

20. Tag Noodle

Description

Set up the playing area with a set of red spot markers across the baseline, a set of blue spot markers across the 5 metre mark and a set of cones across the halfway line. Arrange the pupils in pairs. Invite one of the pupils to take a pool noodle and stand on the baseline. Invite the second pupil to stand on the halfway line. The aim is for pupil 1 to tag pupil 2 with the pool noodle.

On teacher's 1st whistle, invite pupil 1 to sprint towards the halfway line. On the second whistle (as the sprinting pupils pass the blue cones), pupil 2 sprints and attempts to reach the far baseline without getting tagged. Pupils then switch roles and repeat the task as many times as necessary.

Equipment

- Pool Noodles
- Cones or spot markers
- A basketball court or large play area

Variations

- Invite both pupils to sprint on the same whistle.
- Move the 5m mark closer to the halfway line in order to delay the 2nd whistle.

