

Band-Aid Tag

In this version of the classic game, all players can tag and be tagged.

- Once a person is tagged, he or she must put one hand on the spot they were touched to make a Band-Aid.
- Tagged again? Make a second Band-Aid with the other hand and continue to run.
- If a player is tagged for the third time, they must visit the “Hospital” — a designated spot outside of the boundaries — and complete ten jumping jacks to heal and rejoin the game.

Related lesson: Helmet fit

Instructor tip: Have students wear their helmets while playing this game. While students run and weave to avoid being tagged, watch closely to see if their helmets shift side to side or back to front – if so, readjust for a safer, and more comfortable, fit.

