

PE Activity: Twin Tag

Supplies Needed for a Class of 25: None

Length of Time to Complete:

- 3 minutes to introduce activity
- 10 minutes to play the game

Audience (grades): 2nd and 3rd

Lesson:

This month you talked about Sensational Snacks. When choosing a snack, how many food groups should we try to include? (*At least two*) By choosing at least two food groups we fuel our body with more energy and nutrients.

How big should our snacks be? (*About two handfuls*) A snack is meant to give us a boost in energy, but if we eat too much, we might get sleepy.

Next time you enjoy a snack, think of the number two:

- Choose a snack that includes two food groups.
- Keep the snack size to no bigger than two handfuls (**Show both palms open.**).

To remember the two snack rules, we are going to play Twin Tag.

Set-Up:

- Pick two sets of twins to be “it”.

Rules:

- Have the twins link elbows and try to tag as many as they can.
- If someone gets tagged, he/she must go out of bounds and do 10 jumping jacks, then can rejoin the game.

Variation:

When tagged, they must freeze and wait to be unfrozen by a classmate. A classmate can unfreeze by giving a high five.