

## **PE Activity: Elephant Tag**

### **Supplies Needed for a Class of 25:**

- 2 pool noodles

### **Length of Time to Complete:**

- 5 minutes to introduce activity
- 10 minutes to play tag

### **Audience (grades):** 3rd – 5th

### **Lesson:**

Raise your hand and tell me why it is important to stay hydrated?

*(Staying hydrated is incredibly important for our health. Over 60% of our body is made of water!)*

What can happen if we become dehydrated?

*(Being dehydrated can make us feel sleepy, hungry and, sometimes, crabby. It can also make it hard to concentrate, cause a headache, or cause an upset stomach.)*

What is the best beverage to drink to stay hydrated?

*(Water)*

How much water should you drink each day?

*(At a minimum, you should drink 5 cups. If you are very active or it is really hot outside, you will need more water.)*

Do you know how elephants drink water?

*(They don't drink water through their trunks like a straw, but rather suck the water using their trunks and then spray the water into their mouths! Elephants can drink anywhere from 280 to 800 cups of water per day (it depends on the season and availability of water!)*

Today, we are going to play Elephant Tag. Two of you will be “It”, the elephants. Your job is to tag as many people as you can with your pool noodle “trunk”.

Set- Up:

Designate a special area in the room to be a watering hole.

Rules:

- Assign two students to be “It”.
- Elephants try and tag as many people as they can using their pool noodle “trunk”.
- The noodle must be held with two hands and people must be tagged below the waist.
- When someone is tagged, they must go to the watering hole and do 10 pushups and then they can rejoin the game.
- Play several rounds of the game alternating elephants and the activity to be done when tagged.

The idea is to get the students moving and having fun. Feel free to substitute a different game or a different way of tagging.

Variation:

Outside relay race – Fill two buckets with water and place at the start line. Place the empty end buckets about 20 yards from the start line. Divide students into 4 equal groups. Object is to fill their team’s empty bucket using the small cup or large sponge. The team that fills their bucket first wins.