

# Outdoor Non-Equipment Activities

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## Amoeba Tag

**Equipment Needed:** None

**Rules/Directions:**

1. "It" chases players until someone is tagged.
2. Once tagged, that player joins hands with "It". They run together and chase people. The person that they catch links hands with the chain.
3. Once 4 people are caught, they can either stay together or split into two groups. As more people are caught, they can stay together or split apart in even numbers at will.
4. Play until all are caught.

## Backwards Tag

**Equipment Needed** None

**Rules/Directions:**

1. Everyone chooses someone to be "It".
2. "It" gets a five-second head start, then everyone that is NOT "It" chases after "It".
3. Once "It" is tagged, the person that tagged him becomes the new "It" and everyone chases after him.

## Blob Tag

**Equipment Needed** None

**Rules/Directions:**

1. Players must stay in a designated area.
2. "It" chases players until someone is tagged.
3. Once tagged, that player grabs the hand of "It". They become a blob.
4. The blob runs together after another player until that player gets tagged.
5. Once tagged, that player grabs the hand of the second person and the blob grows.
6. Play continues until everyone has become part of the blob.

## Dragon Tag

**Equipment Needed** None

**Rules/Directions:**

1. Players stand in a line.
2. Players put their hands on the hips of the player in front of them forming one long dragon.
3. The player in the front is the head of the dragon, the player at the back is its tail.
4. The head tries to catch the tail and the tail end tries not to be caught.
5. If the head catches the tail, the head links onto the tail and the next person in line becomes the new head of the dragon.
6. Play continues until all players have had a chance to be the head and the tail.

## Elbow Tag

**Equipment Needed** None

**Rules/Directions:**

1. Players group themselves into groups of three leaving one player out as "It".
2. Players link arms at the elbow. "It" touches one group of three to begin play.
3. Those three players must now break apart as "It" tries to tag one of them.
4. In order to be safe, a player must run to another group of three players and link arms to one of the sides.
5. The person on the opposite side of the group must unlink and run.
6. They in turn must attempt to link with another group of three before they are tagged.
7. If "It" successfully tags a player, they become the new "It".

## Freeze Tag

**Equipment Needed** None

**Rules/Directions:**

1. "It" chases the players.
2. Once tagged, a player must remain motionless until another player can touch them in order to "unfreeze" them.
3. Play continues until all players are frozen.

## Sting Tag

**Equipment Needed** None

**Rules/Directions:**

1. "It" is the wasp. Players run around and try to avoid being stung.
2. Wherever "It" tags you, that part of your body goes numb. For example, if you are touched on the leg, you can't use your leg.
3. Play continues until players can't move.
4. The first player that can't move becomes the new "It".

## Werewolf Tag

**Equipment Needed** None

**Rules/Directions:**

1. "It" is a werewolf. He closes his eyes and counts to 15 while the other players run and hide.
2. The werewolf wanders around and tries to find the other players.
3. Players can yell "werewolf" if they see him. If someone yells "werewolf" all players can run to "base" and be safe.
4. If the werewolf catches someone either in a hiding place, or on the way back to base, they become the new werewolf.
5. When the werewolf tags someone, be sure to HOWL (to let other players know to come in and start a new game).

## Zombie Tag

**Equipment Needed** None

**Rules/Directions:**

1. Players stay within a designated area.
2. "It" closes their eyes and walks around moaning with their arms outstretched in front of them.
3. When the zombie moans, everyone else must moan as well. (This is how "It" will find his victims.)
4. Play continues until someone is caught.
5. The person that is caught then becomes the zombie.

## Cartoon Tag

**Equipment Needed** None

**Rules/Directions:**

1. One person is "it". The "it" person chases the free persons.
2. When a person is tagged he must say a cartoon character out loud. If he can't think of one or uses one already used he is then "it".

## Hospital Tag

**Equipment Needed** None

**Rules/Directions:**

1. One person is "it." Where ever "it" tags a person that person must then hold the spot with one of their hands where ever he or she was tagged.
2. This person is now "it" and must chase down the next person with the hand always holding the spot.

## Copy Kat Tag

**Equipment Needed** None

**Rules/Directions:**

1. This is almost similar as above except that wherever "it" holds one of his or her hands everyone else must hold their hands (for example - one hand on hip, one hand holding an ankle, one hand pinching a nose, etc.) The funnier the better!

## Dirty Diaper Tag

**Equipment Needed** None

**Rules/Directions:**

1. One person is "it". When you get tagged you are frozen.
2. The way to get unfrozen is to have somebody crawl under your legs.

## Safe-Tag

**Equipment Needed** None

**Rules/Directions:**

1. In this tag game, the group establishes a specific safe object (tree or climber) or difficult body position (standing on one leg or standing back to back with another child).
2. Change the safe object or pose. Change the number of "its".

## What Time is it Mr. Wolf?

**Formation:** Standing behind a safety line

**Equipment:** None

**Rules/Directions:**

1. The students are behind the safety line.
2. Choose a student to be the wolf.
3. The wolf stands in front of them.
4. The students chant "What time is it Mr. Wolf?"
5. The wolf replies, "Two O'clock" and the players move forward two steps.
6. This is repeated with the wolf answering different times until the wolf answers with the key phrase, "dinner time".
7. The players run back to the safety line trying not to be tagged by the wolf. If they are tagged, they become the wolf's helper.

**Suggestions:**

1. A way to vary this game is: When the teacher wants to review different moving actions, the wolf can say, "It's time to hip, spin"

## Traveling Game

**Formation:** Class stands at one end of the room or area with "IT" in the middle.

**Equipment:** None

**Learning Outcomes:** Walking, running, various movements.

**Rules/Directions:**

1. IT says, "Everyone travel by \_\_\_\_\_." Suggestions: running, hopping, skipping, galloping. See appendix A for more movements.
2. The class travels to the other end of the area in the manner IT suggested.
3. After two or three turns, make someone else IT.

## Buckle Your Shoe

**Formation:** The class lines up behind a line facing a parallel line.

One player is IT, and stands halfway between the 2 lines

**Equipment:** None

**Learning Outcomes:** Running, singing, various movements

**Rules/Directions:**

1. Players chant: One two (Clapping twice)
2. IT responds: Buckle your shoe (Players stoop and buckle shoes)
3. Players: Three four (clapping twice)
4. IT: Shut the door (mime action).
5. Players: Five six (clapping twice)
6. IT: Pick up sticks (Mime action)
7. Players: Seven eight (clapping twice)
8. IT: Or you'll be late!
9. On late, players run to the opposite line.
10. IT tags as many players as possible and chooses a new IT from those not tagged.

## Circle Games

**Formation:** Sitting in a circle

**Equipment:** None

**Learning Outcomes:** Balancing, locomotor skills

**Rules/Directions:**

1. Students sit in a circle all facing each other.
2. Give each person a number.
3. On your signal, designated players move around the circle and back to position while performing a certain movement pertaining to agility: hopping on one foot, etc. and trying to get to their spot first. No running allowed.