

Dodge-It Tag Activity Guide

Contents:

6 – Red Vest

6 – Blue Vest

24 – Sticky Balls

1 – Sticky Ball Storage Bag

Note: Additional bags of 24 sticky balls can be purchased under item number W10015 at www.ssw.com

Additional Equipment Required: Countdown timer, stopwatch or clock with second hand.

Suggested Activities:

Toss Tag:

Set-Up – Divide your group into 2 team with an equal number of players, up to 6 players. Each player puts on a vest with the Velcro patches facing outward, one on the front and one on the back. Players wearing red vest make up the “Red” team and players with blue vest are the “Blue” team. Send all the red players to one end of the room or gym and all the blue players to the opposite end. Players must touch the wall with their hand before the game starts. Spread the sticky balls out either throughout the gym or towards the center. Determine an appropriate time limit for game. 2 minutes is suggested as a good place to start, adjust time as desired.

Game Play – At a starting signal, players run to pick up a sticky ball. Players may only hold one sticky ball in their hand at a time. If a player is found holding 2 sticky balls, they must drop both and run to their starting wall, touch it and then may return to the game. Once players have a ball in their hand their goal is to toss it at one of the players on the opposing team and have it stick to that player’s vest. Balls must be tossed and players are not allowed to place it directly on players vest. Once a player tosses their ball, they can then pick up any other available balls and toss it. Play continues until either time runs out or all the balls are sticking to vest. If a player is hit with a ball and it sticks to their vest, they and their teammates are not allowed to removed it with their hands (or feet). If it falls off while the player is running around that is okay. Once time runs out all players stop moving and the team with fewer balls sticking to their vest wins that round.

Stick It Tag: Same as above, except players may only stick the balls directly onto players vest. No tossing is allowed. Players may also not guard or ward off other players attempts to stick balls to the front of the their vest with their hands.

Toss and Stick It Tag: Same set-up as before, but in this version both tossing and sticky balls is allowed.

Zombie Tag: Same set-up and game play as the games above. Before the start of play, the instructor informs players if the balls need to be toss, stuck or if both methods are allowed. In this game, when a player gets a ball to stick to an opponent they yell out “You’re a Zombie!”, that player must stop moving until a non zombie teammate cures them by removing the ball from their vest.

Variations: Require some or all of the players to be on scooters for any of the above games!

Wild West Team Duel:

Set-Up - Divide the players into 2 equal teams as before. Give each player 2 balls. Place two, 20’ long, parallel lines on the floor about 10’ apart (closer for very young players) using floor tape or similar. Each team spreads out on a line, facing one another. Players feet must both be on the line and must remain on the line.

Game Play - Players have one minute to toss both of their balls at any of the players on the opposite team. Players are not allowed to block shots with their hands, move their feet, duck, bend over or twist their bodies to avoid a ball tossed at them. They are only allowed to lean right or left. At the end of the minute or when all ball have been tossed, the team with the fewest balls sticking to their vest wins.

These are only a few of the games we have come up with and we’re sure you can invent your own. If you do or if you would like to see what others might have suggested, please visit our community Play Learn & Share website at <http://www.playlearnshare.com/>

