



**WARM UP  
AND  
TAG GAMES**



# Contents

What is the purpose of this document?.....	3
Safety & Organisation.....	3
Traffic Lights.....	4
Over, under races.....	4
Tails.....	5
Bibs Noughts and Crosses.....	6
Cat and Mouse.....	6
Head, Shoulders, Cone.....	7
Domes and Dishes .....	7
Captains Coming .....	8
Runner Beans .....	9
Tag Games.....	10
Chaos Tag.....	10
Toilet Tag.....	10
Banana Split.....	11
Shark Attack.....	11
Chain Tag.....	12
Dance Tag.....	12
Line Tag .....	14
Recharge .....	13
Ball Tag.....	14
Elbow Tag.....	15



## What is the purpose of this document?

These Tag and Warm up games are a resource designed to help you as a red top prepare for your sessions at Kings Camps. You are not restricted to the use of these games only; they are provided as ideas to get you started. Please ensure that you adapt them to meet the needs of your group and the facilities available to you.

The purpose of warming up before physical activity is to prepare mentally and physically for the sport or activity. Warming up increases the heart rate and therefore blood flow enabling more oxygen to reach the muscles.

Tag and Warm Up Games require little to no equipment and therefore can be played within any space or facility. When warming up, it is beneficial to tailor the warm up to the sport or activity within the session. For example, a warm up for a Tag Rugby session should concentrate on speed and agility.

## Safety & Organisation

1. Check the grounds for debris and sharp objects before using the playing area.
2. Always remember that we are there for the children to have a great time and be safe at all times.
3. Ensure to provide an appropriate amount of space for the playing area.
4. The weather must be reasonably warm if able to do it outside and remain aware of the condition of children throughout. Keeping them active and moving will prevent them from becoming too cold.
5. Sun cream is applied if you can do activities outside.



## Traffic Lights

<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>• Cones</li><li>• 1x red cone, 1x yellow cones, 1x green cone</li><li>• Bibs</li></ul>
<b>SET UP AND SAFETY</b>	<ul style="list-style-type: none"><li>• Use the cones to create a playing area</li><li>• Players must be reminded to look where they are moving around</li></ul>
<b>HOW TO PLAY</b>	<ul style="list-style-type: none"><li>• Players start jogging around the playing area</li><li>• When the leader holds up the red cone, all players must stop and stand still</li><li>• When the leader holds up the yellow cone, all players must jog on the spot</li><li>• When the leader holds up the green cone, all players must jog around the playing area</li></ul>
<b>ROUNDS &amp; ADAPTATIONS</b>	<ul style="list-style-type: none"><li>• The following actions can be shouted by the leader and introduced at any stage:<ul style="list-style-type: none"><li>- Speed Bump – all players jump</li><li>- Roundabout – turn in a full circle</li></ul></li><li>• Bridge – crawl on hands and feet</li></ul>

## Over, under races

<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>• X2 balls</li><li>• Cones</li></ul>
<b>SET UP AND SAFETY</b>	<ul style="list-style-type: none"><li>• Using the cones, set out a start and finish line</li><li>• Players stand in a line, one behind the other facing towards the finish line</li><li>• The player at the back must be standing on the starting line</li></ul>
<b>HOW TO PLAY</b>	<ul style="list-style-type: none"><li>• In a line, players alternate passing the ball over their heads and through their legs</li><li>• When the ball reaches the end of the line, the last player must run to the front</li><li>• This process is repeated until the front player reaches the finish line</li></ul>
<b>ROUNDS &amp; ADAPTATIONS</b>	<ul style="list-style-type: none"><li>• Split the group into two teams and have them race against each other</li></ul>



## Tails

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li><li>• bibs</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Each player is given a bib (dragon tail)</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Students must tuck their dragon tail into the waistband of their shorts/trousers.</li><li>• It must be clearly visible.</li><li>• Students work individually to protect their dragon tails from others and at the same time take other students' tails.</li><li>• If a student loses their tail, they are out of the game</li><li>• Students are not allowed to touch their own tails after the start of the game.</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Extra lives: If students take tails, they can keep them as extra lives.</li><li>• Team Dragon Tails: Teams work together to protect each other and be the last team left in the game. Teams have different colours</li><li>• Players who lose their tail do a forfeit to re – enter the game</li><li>• Introduce players having more than one tail – other players can take only one tail at a time</li></ul> <p>Easier:</p> <ul style="list-style-type: none"><li>• Increase the playing area</li></ul> <p>Harder:</p> <ul style="list-style-type: none"><li>• Reduce the playing area</li></ul>



## Bibs Noughts and Crosses

<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>• Cones</li><li>• Bibs</li></ul>
<b>SET UP AND SAFETY</b>	<ul style="list-style-type: none"><li>• Using the cones, set up a 3 x 3 grid</li><li>• Split the group into two teams</li></ul>
<b>HOW TO PLAY</b>	<ul style="list-style-type: none"><li>• Each team is given 3 bibs of different colour</li><li>• One from each team runs out and places a bib in a grid then runs back to tag their next team mate</li><li>• Once all 3 bibs out then they keep going and move position of one of their bibs at a time</li><li>• First team with 3 in a row wins.</li></ul>
<b>ROUNDS &amp; ADAPTATIONS</b>	<ul style="list-style-type: none"><li>• Increase / decrease the amount of grids and bibs</li></ul>

## Cat and Mouse

<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>• Cones</li></ul>
<b>SET UP AND SAFETY</b>	<ul style="list-style-type: none"><li>• Players are in pairs and decide who is the 'cat' and who is the 'mouse'</li><li>• using the cones, mark out two lines 10 metres apart</li></ul>
<b>HOW TO PLAY</b>	<ul style="list-style-type: none"><li>• Pairs stand, one metre apart, facing each other</li><li>• When the leader shouts 'cat', the 'mouse' must turn around and run over their line before getting tagged by the 'cat' and vice versa.</li><li>• If a player crosses their line before getting tagged, they earn one point</li></ul>
<b>ROUNDS &amp; ADAPTATIONS</b>	<ul style="list-style-type: none"><li>• Increase / decrease the playing area depending on the ability and age of the group</li></ul>



## Head, Shoulders, Cone

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFTEY	<ul style="list-style-type: none"><li>• Have players stand across from a partner with a cone directly in between them</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Whilst jogging on the spot, players put their hands on their head, shoulders or knees when they are called by the leader</li><li>• If 'cone' is called, players race to be the first one to grab it</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Add additional actions</li><li>• Introduce extra, different coloured cones to each pair</li><li>• Players must run to a designated area before the other player tags them</li></ul>

## Domes and Dishes

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFTEY	<ul style="list-style-type: none"><li>• Place cones out in the area, with half the cones facing down to look like domes and the other half facing up to look like dishes</li><li>• Split the group into two teams</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• One team will be 'domes' and the other 'dishes'</li><li>• Domes must try and turn over all the cones to make them look like domes whilst the dishes try to turn all the cones upside down to look like dishes</li><li>• The leader must count to before shouting 'stop'</li><li>• The winning team will be the team with the most cones shaped like their name</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Increase / decrease the time limit</li></ul>



## Captains Coming

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The leader 'Captain' will call out the following commands for the players to respond to:<ul style="list-style-type: none"><li>- <b>Bow</b> – Run to the front of the playing area</li><li>- <b>Stern</b> – Run to the back of the playing area</li><li>- <b>Port</b> - Run to the left of the playing area</li><li>- <b>Starboard</b> - Run to the right of the playing area</li><li>- <b>Captain's coming</b> - Stand completely still and salute.</li><li>- <b>Hit the deck</b> - Lie down on your stomach</li><li>- <b>Climb the rigging</b> - Pretend to climb rigging.</li><li>- <b>Person overboard</b> – Hug the person next to you</li><li>- <b>Cannonballs</b> - Crouch on floor with hands over head</li><li>- <b>Dig for treasure</b> – Mime digging a hole</li></ul></li><li>• <b>Seagulls</b> - Flap your arms like a bird</li></ul>
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"><li>• Reduce the amount of actions</li></ul> <p>Harder</p> <ul style="list-style-type: none"><li>• Add more actions</li><li>• Shout the commands faster</li></ul>





## Runner Beans

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Players should begin by walking around the room in any direction</li><li>• On the various commands listed below, they should carry out the appropriate action:<ul style="list-style-type: none"><li>○ Jumping bean – jump around the area</li><li>○ Runner bean - Run around the area</li><li>○ Broad bean - Stretch your arms and legs out wide</li><li>○ Baked bean – tuck arms and legs into chest</li><li>○ Jelly bean – wobble like jelly</li></ul></li><li>• Chilli bean – shiver and shake</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Add more beans and actions</li></ul>



## Tag Games

### Chaos Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Players need to look where they are running</li><li>• When a player is down, they must keep their arms and feet close to their body</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• All players can tag each other</li><li>• If a player is tagged, they must squat down</li><li>• The person who is down can get back up when the person who tagged them is tagged</li><li>• If two people tag each other at the same time, they should play rock, paper, scissors to decide the winner</li></ul>
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"><li>• If a player is tagged, they stay down until the round is restarted</li><li>• Introduce 'jailbreak' – if this is shouted by the coach, all players they are down re-join the game</li></ul>

### Toilet Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose 3 players to be the 'taggers'</li><li>• Demonstrate how to flush by gently pushing down on an arm</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• When tagged, players become a toilet!</li><li>• They must kneel on one knee, arm up for the flush and other knee flat for the toilet seat.</li><li>• To be released, someone must flush your chain</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Swap the taggers after one or two minutes</li><li>• Players can become toilets by standing and holding out their arm</li></ul>



## Banana Split

<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>• Cones</li></ul>
<b>SET UP AND SAFETY</b>	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose 3 players to be the 'taggers'</li><li>• Demonstrate how to 'peel' by gently pulling down on an arm</li></ul>
<b>HOW TO PLAY</b>	<ul style="list-style-type: none"><li>• Players run around the playing area</li><li>• When tagged, players turn into a Banana by holding both arms above their head, hands together (in the shape of a Banana)</li><li>• Players must peel 'bananas' by gently putting their arms to their side</li><li>• Once peeled, bananas can continue as a runner again</li></ul>
<b>ROUNDS &amp; ADAPTATIONS</b>	<ul style="list-style-type: none"><li>• Bananas must be peeled by two runners, one arm each</li></ul>

## Shark Attack

<b>EQUIPMENT</b>	<ul style="list-style-type: none"><li>• Cones</li></ul>
<b>SET UP AND SAFETY</b>	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Ask fish to jump if space is limited</li><li>• Seaweed must only move their arms</li></ul>
<b>HOW TO PLAY</b>	<ul style="list-style-type: none"><li>• All fish to begin behind the same line with the shark in the middle</li><li>• Shark shouts "fishy, fishy, fishy come swim in my sea!"</li><li>• Fish reply "shark, sharky, shaky you can't catch me"</li><li>• The fish run to the other side and the shark tried to tag</li><li>• When a fish is tagged, they turn into seaweed</li><li>• If seaweed tags a player, they also turn into seaweed</li></ul>
<b>ROUNDS &amp; ADAPTATIONS</b>	<ul style="list-style-type: none"><li>• When seaweed successfully tags a fish, they can become a crab and move horizontally</li><li>• When a crab tags a fish, they become a lobster and move both vertically and horizontally</li></ul>



## Chain Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose one player to be the tagger</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• When players are tagged, they link arms / hands to become a chain</li><li>• Players joined together continue to tag others and join the end of the chain</li><li>• The chain is not allowed to be broken</li><li>• When one person is left they become the tagger for the next round</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Add multiple taggers</li></ul>

## Dance Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Choose one player to be the tagger</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The tagger aims to catch all players</li><li>• If a student is caught, they must stop and create a dance move</li><li>• They keep repeating the dance move until another player mirrors the dance move for 5 seconds</li><li>• They are then free to rejoin the game</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Players cannot repeat a dance and must create a different dance move if they are caught again</li></ul>



## Recharge

EQUIPMENT	<ul style="list-style-type: none"><li>• 8 Hoops</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Place 4 hoops at one end of the playing area and 4 hoops at the opposite end</li><li>• Select 1-3 taggers (Energy Zappers)</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The 'energy zappers' aims to catch all players</li><li>• When players are tagged, all of their energy is zapped out of them</li><li>• To recharge their batteries, they must visit the recharging tunnel where they must perform a two footed jump from hoop to hoop</li><li>• Once they have completed the recharging tunnel they are back into the game</li><li>• The exercises through the recharging tunnel should be changed each game</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Change recharge to hopping, star jumps, quick feet or squats in each hoop</li></ul> <p>Easier</p> <ul style="list-style-type: none"><li>• Fewer taggers</li><li>• Reduce the distance between each hoop in the recharging tunnel</li></ul> <p>Harder</p> <ul style="list-style-type: none"><li>• More taggers</li><li>• Smaller playing area</li><li>• Increase the distance between each hoop in the recharging tunnel</li></ul>



## Ball Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Two different coloured soft balls (pink and purple)</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Choose 2 players to be the taggers (evil villains) – each given a pink ball</li><li>• Choose 2 player to be the super heroes – each given a purple ball</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Evil Villains aim to throw pink balls at players below the shoulders</li><li>• When players are hit, they are tagged and must freeze with their hands in the catching position</li><li>• To be freed, they must catch a purple ball from the superheroes and throw it back to them</li><li>• If the ball is dropped, it must be repeated</li><li>• Superheroes cannot be tagged</li></ul>
ROUNDS & ADAPTATIONS	<p><b>Easier</b></p> <ul style="list-style-type: none"><li>• Reduce evil villain taggers</li><li>• Increase number of superheroes</li></ul> <p><b>Harder</b></p> <ul style="list-style-type: none"><li>• Superheroes can be tagged</li><li>• Increase throwing distance</li><li>• Increase evil villain taggers</li><li>• Reduce number of superheroes</li></ul>



## Line Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• N/A</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Choose 2 players to be the taggers</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Students (Cars) move around along the marked lines (Roads) in the playing area</li><li>• Taggers (Police) must chase the cars along the lines</li><li>• If a car is tagged by the police or the car falls off the roads, then they are caught and must sit down where they committed the crime</li><li>• Caught cars become a roadblock, preventing other cars from getting past (except Police who have special powers)</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• To be freed, another car must touch the roadblock on the head and this allows them back into the game</li><li>• Change the movement activity: Reversing (move backwards), Jumping, Hopping etc.</li></ul> <p>Easier</p> <ul style="list-style-type: none"><li>• Reduce taggers</li><li>• Allow cars to jump lines.</li></ul> <p>Harder</p> <ul style="list-style-type: none"><li>• Increase taggers</li></ul>

## Elbow Tag

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Using the cones, mark out a playing area</li><li>• Players must link arms in pairs</li><li>• Choose one player to become the tagger and another player to become 'the chased'</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• The Chased must link elbows with a pair of players</li><li>• The player on the other side of the pair must break off from the group</li><li>• This player now becomes The Chased</li><li>• If The Chased gets tagged, they become the tagger</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Increase the amount of taggers and players being chased</li></ul>