



## Triangle Tag



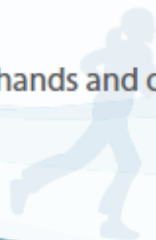
be fit for life  
moving alberta

### Equipment

- Open activity space
- Pylons

### Activity Description

- Participants get into groups of 4. Have 3 participants join hands and create a circle around the cone or pylon. One of the 3 participants is named the "goalie". The fourth participant is the opponent.
- The goal is for the team of 3 to use their agility and dodging skills to help the goalie move quickly and avoid being tagged by the opponent.
- Continue to switch up positions and have participants move in both directions.
- Participants must remain holding hands and on their feet as they move around the cone.



## Skills Explored

Balancing, stopping, starting, dodging, chasing, fleeing

## Tips...

- Stay low – knees bent
- Stay light on your feet
- Focus on the direction you are travelling
- Push off when changing directions

## Safety

Ensure adequate space to move

Work together and don't pull or tug on one another

## Remember...

It's more natural for us to want to run or turn in 1 direction. It's important, however, to challenge ourselves to move in both directions. The more often we try, the sooner it will begin to feel more comfortable.

## Variations...

- Size of group
- Style of movement – grapevine, hopping, backwards

Triangle Tag adapted from  
Joanne Landy. 1993. "Willie, Billie, Moe, and Joe" activity.  
*Ready to Use PE Activities Grades 5-6.*

