



Australian Government  
Australian Sports Commission

# Nose and toes tag



**A** Three taggers try to tag other players, who must hold their nose and toes if tagged.



## What you need

- > 3 bibs for the taggers

## What to do

- > When you say 'GO!', three taggers try to tag other players. Once tagged, a player must hold the toes of their left foot with their right hand. To become free, they must pass their left arm under their left knee and touch their nose.



## Change it

- > Players only hold the toes of their left foot for 3 seconds and are then free.
- > Increase the number of taggers.
- > Players have to balance on their non-preferred leg.

## Safety

- > Players need to get their balance before trying to touch their nose.
- > Make sure the playing area is free of obstructions.

## Ask the players

- > What's the easiest way to touch your nose?
- > Which leg do you have the best balance on?

### LESSON LINK:

*Nose and toes tag* requires players to be aware of others and emphasises 'space finding'. It also develops players' balance and coordination skills.

**B** One or two taggers try to tag other players, who must hold a static balance for five seconds.



ANGRY CAT



FRONT SUPPORT



ARABESQUE

## What to do

- > When you say 'GO!', one or two taggers try to tag other players.
- > Once tagged, a player must hold the particular static pose that you call out.
- > To become free, they must hold this position for 5 seconds.
- > Static holds could include front support, rear support, stork stand, crab support, straddle stand.

## Change it

- > Vary the way in which players can be freed e.g. other players could touch them, crawl underneath them, or step over the top of them.

## Safety

- > Players need to maintain core stability in the static position.

## Ask the players

- > Which balances are easier to hold?

### LESSON LINK:

*Frozen tag* is a fun energiser that develops core strength. It also requires players to be aware of others.

SESSION PLANS

Combos > Start Out MV 07A + Start Out MV 03B + Get Into It MV 09A  
Combos > Start Out MV 02A + Start Out MV 07B + Get Into It MV 08