



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