



Mail Tag

Overview

Mail Tag incorporates a game of tag with a workout using the Functional Fitness Charts. The students who are “it” are the letter carriers, delivering envelopes that contain letters with exercises written on them. When the letter carriers tag other students, they hand them an envelope. The students who are tagged must read the name of the exercise written on the letter, then proceed to the area where the corresponding fitness chart is displayed to perform that exercise.

Materials Needed

- Selection of Functional Fitness Charts (the number will vary depending on the size of your class and fitness level of your students; four to six is a good range to start with)
- Envelopes (two for each chart)
- Pieces of paper with the names of the selected exercises written on them (two for each chart)
- Selection of music to play throughout the game and music player

Preparation

- Choose the Functional Fitness Charts you wish to use. Ensure that your students are familiar with each exercise you choose before using it in a game situation.
- Write the number of repetitions that students should perform of each exercise on the chart.
- Write the name of each exercise on two separate pieces of paper. Place each piece of paper in a separate envelope.

Suggested Approach

- Display the charts around the outside of the playing area. Ensure that the playing area provides students with enough room to move freely and safely.
- Ask a few students to volunteer to be letter carriers. Give each of the letter carriers one of the envelopes.
- Show students the boundaries of the playing area, and describe how the game works. The students carrying the envelopes are “it.” They will each try to tag another student, handing that student the envelope. The tagged students must then look at the paper in the envelope, read the name of the exercise, and go to the corresponding chart. They will then perform the specified number of repetitions. When they have completed the repetitions, they re-enter the game of tag, trying to tag and hand off the envelope containing the name of the exercise to other students. Again, the students who are tagged will go to the corresponding chart and perform the exercise. The game continues in this way until you give the signal to stop.
- Begin playing music to signal the start of the game.
- The game continues for as long as you wish. Stop the music to signal the conclusion of the game.

