



Tennis Ball Tag

Overview

Tennis Ball Tag combines a game of tag with a workout using the Functional Fitness Charts. The students who are “it” carry tennis balls with numbers written on them. The numbers correspond to fitness charts that have been selected and displayed around the outside of the playing area. Students who are tagged are handed a tennis ball. They must find the chart that matches the number on the tennis ball and perform the specified number of repetitions of the corresponding exercise before they can rejoin the game.

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)
- Tennis balls with chart numbers written on them. You will need two tennis balls for each chart.
- Selection of music to play during the game and music player

Preparation

- Choose the Functional Fitness Charts that you wish to use. Ensure that your students are familiar with each exercise you choose before using it in a game situation.
- Write the range of repetitions that students should attempt to complete on each chart. Keep the repetitions low; for example, four to six is a good range.
- Number each chart. Write each chart number on two of the tennis balls.

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 number of students to be the tennis ball carriers.
- Show students the boundaries of the playing area, and describe how the game works. The students carrying the tennis balls are “it.” They will each tag another student, and hand that student the tennis ball. The tagged students must then go to the charts with the corresponding numbers, and perform the specified number of repetitions. When they have completed the repetitions, they can rejoin the game of tag, trying to tag and hand off the tennis balls to other students. Again, the students who are tagged will go to the chart with the corresponding numbers 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.

