



Mail Tag

Overview

Mail Tag incorporates the game of tag with a workout using the Functional Fitness Charts. The students carrying a Mail Tag card are 'it'. They will each try to tag another student, handing that student the Mail Tag card. The tagged students must then read the station number on the card, find the corresponding station, and perform the specified number of repetitions for the exercise. Once they have completed the repetitions, they re-enter the game, trying to tag and hand off the Mail Tag card to another student. The game continues until you give the signal to stop.

Materials Needed (based on 32 students)

- Selection of 4 Functional Fitness Charts
- 16 pieces of paper with one of the station numbers written on each one
- Music to play throughout the game and a music player

Preparation

- Select the Functional Fitness Charts you would like to use during the game
- Ensure that your students are familiar with each exercise before starting the game
- Write the number of repetitions for each exercise on the chart
- Write the station numbers on 16 separate pieces of paper, or print out our Mail Tag cards: <http://new.thompsonbooks.com/kto12/h/huddle/resources/>

Suggested Approach

- Display the Functional Fitness Charts around the outside of the playing area, facing out
- Ensure that the playing area provides with enough room to move safely
- Show students the boundaries of the playing area, and describe how the game works
- Ask students to volunteer to be 'it' and give each of them a Mail Tag card
- Begin playing music to signal the start of the game and stop the music to end the game
- The game continues for as long as you wish

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