



Tennis Ball Tag

How It Works

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 were pre-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 their ball and perform the specified number of repetitions of the corresponding exercise before they can rejoin the game, where they try to tag another student so they can hand-off the tennis ball, so that they are no longer “it.”

Materials Needed

- Selection of *Functional Fitness Charts*
- 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, plus a music player

Preparation

- Set up fitness stations in the playing area, each station includes a *Functional Fitness Chart* with the range of repetitions should attempt to complete on each chart. We suggest reps ranging from 4-6
- Number each chart/station and write the corresponding number for each chart on two separate tennis balls
- Create a clearly defined boundary

Suggested Approach

- Display the charts around the outside of the playing area. Ensure the playing area provides students with enough space to move freely and safely.
- Walk students through each chart, clearly indicating how each exercise is performed
- Show students the boundaries of the playing area, and clearly explain the rules of the game
- Ask for volunteers to start as “it”
- Begin playing music to signal the start of the game
- Get playing!