



## Game 1

# Ultimate Tag

**Grades:** K-3

**Number of Players:** As many as you want!

**Equipment:** A marker and paper.

**Where to Play:** Outside or in an open area

**How to Play:**

- One or two students are "it". The other students each have a piece of paper with a designated activity written on it. An example could be 20 jumping jacks, 10 push-ups, 15 sit-ups, etc.
- If a student is tagged he/she has to do there designated exercise before they can resume play.
- Frequently stop the students and exchange the designated activities and also the students who are "it".

**Safety Tips:** Students cannot push or shove another student when tagging.

***Community Sponsors***

Blue Cross Blue Shield of MT, Bozeman Chronicle, Helena Independent Record, Missoulain, Montana News Stations (KTVQ, KBZK, KSLF, KRTV, KXLH, KAJ, KPAX)

***Contributing Partners:*** Eat Right Montana, Montana Nutrition and Physical Activity Program (DPPHS), Montana Association of School Superintendents, Billings Clinic, Albertsons, Wendy's

***BSSG Major Sponsors:*** First Interstate Bank, Kampgrounds of America, Bresnan Communications