

★ ACTIVITY / FREEZE BOWL TAG

FOCUS:

WARM UP, BOWLING, RUNNING, EVASION

EQUIPMENT:

ROPES OR CONES TO MARK THE PLAYING AREA



DESCRIPTION:

- ▶ Four-six participants are chosen as taggers (depending on number of participants, ratio of 1 tagger for every 3 runners encouraged).
- ▶ Everyone else tries to avoid being tagged.
- ▶ If tagged, a player must freeze (becomes a bowling target) with one hand held high up in the air above their head.
- ▶ Participants become free and join back in the game when another participant who is not a tagged walk's / run's up to them high fives them by doing bowling action.
- ▶ The game stops when all participants have been tagged or after the end of five minutes.
- ▶ Taggers cannot guard participants who are bowling targets.

MAKE IT EASIER:



- ▶ Have everyone limited to a walk.
- ▶ Decrease the size of the playing area.
- ▶ Let them create their own routine.

MAKE IT HARDER:



- ▶ Increase the size of the playing area.

