**The PE Shed**

**Tag Game:** Recharge!  
**Recommended Age Range:** Foundation - Grade 5

**Focus:** Gross motor skills, movement, coordination and fitness.

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| Hoops     | Place 4 hoops at one end of the playing area and 4 hoops at the opposite end.  
Select 1-3 taggers (Energy Zappers) | Energy Zappers (1-3 taggers) are trying to tag all of the students. When they are tagged, all of their energy/life is zapped out of them.  
To recharge their batteries/life they must visit the recharging tunnel where they must do a specific exercise. Start with a simple activity such as a two footed jump from hoop to hoop (4 hoops).  
Once they have completed the recharging tunnel they are back into the game and have to stay away from the energy zappers.  
The exercises through the recharging tunnel should be changed each game (see variations) | **Differentiation**  
Easier:  
- Fewer taggers  
- No guarding of the Recharging tunnel  
- Reduce the distance between each hoop in the recharging tunnel  
Harder:  
- More taggers  
- Smaller playing area  
- Guarding of the recharging tunnel is allowed  
- Increase the distance between each hoop in the recharging tunnel  
**Variations**  
- Change recharge to hopping, star jumps, quick feet or squats in each hoop.  
- Having recharge pads where students have to do a specific exercise in to recharge their energy. (For example 5 star jumps)  
- Have recharging pads as Wobble/Balance Boards. |

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