



# Muscle Tag



## Equipment Needed:

- ✓ 2-3 scarves

**TIP:** Don't have the items needed to play? Use another object to identify the chaser, such as a hat or a certain color shirt.

## Get Ready!

**Clear space** to create an activity area that is free from hazards. Use household items to identify boundaries, if necessary.

**Select** one player to be the chaser. If you are playing with a large group, select multiple chasers.

## Instructions:

1. To begin the game, the chaser(s) will wear a scarf around their arm (or wear their other identifiable object) and try to tag the free runners.
2. When the free runners are caught by the chaser, they must stop and do 5 push-ups (sit-ups, squats, or another strength movement) before rejoining the game.

**TIP:** Rotate chasers and free runners as time allows.

## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

1. Can you think of an activity you do at home that requires you to use strength?
  
  
  
  
  
  
  
  
  
  
2. What is your favorite strength activity?