



Tag (You're it!)

Gather a group, make one person **it**, and start running. When **it** tags (touches) someone, that person becomes **it** and is the new person to run from.



Been there, done that? Try:

Freeze Tag

When you're tagged by **it**, you must freeze. You're unfrozen when another runner tags you. Once everyone is frozen (at the same time), **it** wins. The last person to be tagged becomes the new **it**.



Shadow Tag

Tag other players by stepping in their shadows.



Kids should get at least 60 minutes of physical activity each day.



No tag backs! (You can't immediately tag back the person who just made you **it**.)

Double Dutch

Jump rope with a bit of style

Get a couple of long jump ropes (12- to 16-foot) and a couple of friends, siblings, parents, cousins, neighbors, aunts, uncles...

Two people hold the two ropes at either end and turn both ropes inward. Once the ropes get going, one slapping the ground while the other is above, your third person moves in and starts jumping.

This requires some coordination by those turning the ropes!



Practice! Jump rope on your own to improve your skill and stamina. Or start with just one rope.

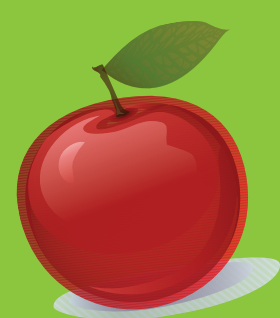


If you're really good, *speed it up*, add **fancy footwork** to your jumping, or add **more jumpers**.



Give everyone a chance to jump.

Keep the rhythm with singing or chants.



A balanced diet and daily exercise are good choices for a strong body and a strong mind.

Learn more at PTA.org/GoodChoices

National PTA

everychild.one voice.