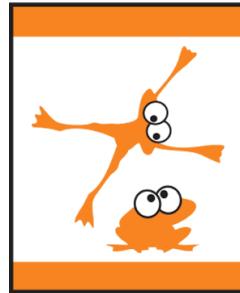




Tiger Tag

Staying active is important! It keeps you healthy. In this adventure, you will get to play active games with your family. You will also learn how to be a good sport. Have a ball!



1. Choose one active game you like, and tell your family about how to play and why you like this game:

- Think about all the games you play & list them: baseball, kickball, tag, etc.
- When you find a game, tell your family about the rules. Does it need special equipment? How many people can play at once?
- Tell your family why you like this game. How does it make you feel? Do you like watching it too?



2. Play 2 team or relay games with your family. Tell your parent or guardian what you liked best about each game:

- Here are some examples of team & relay games to choose from (you can choose your own):
 - Egg Relay: in this simple game, hold an egg on a spoon. Walk as fast as possible to a point and back without dropping the egg. Then put the egg on your teammate's spoon. The team that completes the relay the fastest without dropping the egg wins!
 - 3 Legged Relay: tie a bandanna around your right leg and your teammate's left leg. Each of you uses your free leg and your 2 tied-up legs to reach the finish line. First team to cross the finish line wins!
 - Sack Race: step inside a large cloth sack and hop from the starting line to the finish line. Once you reach the finish line, hand the bag to your teammate. The fastest team wins!
 - After playing, talk about what you liked best about each game.



3. Have your family choose a team or relay game that everyone can play, and play it at least twice.

- choose a game that you did not play in the list above. Otherwise choose a different game.

4. With your parents or guardians, select an active outside game that you could play with your family. Talk with your family about the games suggested. With your family, decided on a game to play and play the game. After the game, discuss with your family the meaning of being a good sport.

- Examples of active outside games that you can play are baseball, soccer, tug-of-war, gaga ball, tag, flag football, etc.
- When you choose your game, talk about the rules. What is the goal of the game? How many people do you need to play? Do you need any special equipment?
- When you are done playing the game, talk about what it means to be a good sport. Why is good sportsmanship important? Will you commit to being a good sport in both winning and losing?



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