

# Head Butt Tag - Levels C and D

STAY ACTIVE

To build agility, teamwork, and safe play skills through a fun tag game where students must move quickly, adapt to changing teams, and follow rules for safe tagging.



## Learning Intentions

### Enhance agility and coordination:

Students aim to move their bodies around the space in a safe manner, avoiding bumping into others.

### Promote teamwork:

Students aim to work together with their team to tag others and communicate while switching sides.

### Encourage safe play:

Students aim to respect personal space and follow the tagging rules to keep everyone safe.



## Success Criteria

I can move safely without bumping into others.

I can switch teams quickly and keep playing when tagged.

I can cooperate with teammates and play respectfully.



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**Duration:** 10 minutes

## Objective

To build agility, teamwork, and safe play skills through a fun tag game where students must move quickly, adapt to changing teams, and follow rules for safe tagging.

## Players

- Ideal for 8–25 students.
- Class is divided into two teams: **Heads** and **Butts**.

## Materials

- Cones (if outside) to mark boundaries.
- Clear, open space inside or outside for safe movement.

## Setup

1. **Create a play area:**
  - Outside: Mark a 10m x 10m square with cones.
  - Inside: Move desks and chairs to the sides of the room to clear the centre.
2. **Divide into two teams:**
  - **Heads:** Hands on heads.
  - **Butts (can use the term 'tails' if preferred):** Hands on bottoms.

## Gameplay / Activity Steps

### Step 1: Start the Game

- “Heads” chase “Butts” and try to tag them.
- “Butts” chase “Heads” at the same time.

### Step 2: Tagging Rules

- Players must keep one hand on their head or bottom at all times.
- Only the free hand can be used for tagging.
- Tags must be light and safe (shoulder or back only).

### Step 3: Switching Teams

- When tagged, a student immediately switches sides:
  - A tagged “Butt” joins the “Heads.”
  - A tagged “Head” joins the “Butts.”

### Step 4: Keep Playing

- The game continues until:
  - One team has all players, OR
  - The time runs out (e.g., after 10 minutes).



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## Reflection Prompts

- “How did it feel to work as part of a team?”
- “What strategies helped you avoid being tagged?”
- “Why is it important to play safely?”

## Winning the Game

- The team with the most players at the end of the game is the winner.
- Alternatively, success is measured by how well students played safely and worked together.

## Variations

- **Fitness Edition:** Players complete 5 star jumps or squats before rejoining the game when tagged.
- **Walking/Jogging Edition:** To reduce collisions, all players move only at a walk or slow jog.
- **Team Challenge:** Time the game for 5 minutes. The team that converts the most players during that time wins.

## For Wheelchair Users / Accessibility

- Replace tagging with **gentle hand taps** on the wheelchair or armrest.
- Adapt movements to rolling at safe speeds instead of running.
- Ensure play areas are wide enough for safe turning and moving.

## Notes for Inclusion

- Remind students that tagging must be gentle.
- Encourage communication (“I tagged you!”) so all players know when to switch.
- Focus on fun, teamwork, and safety rather than competition.

