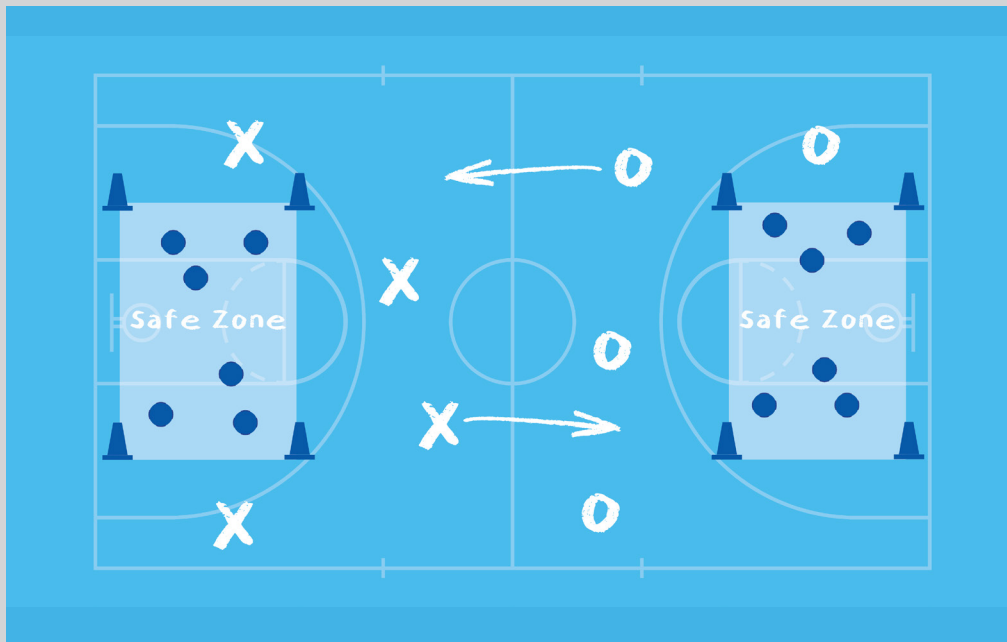


SCREEN TAG



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement

MATERIALS:

- Soft Balls
- Cones or Place Markers
- Unplug & Relax Printable

OVERVIEW:

Play a tag game that incorporates teamwork to learn about screen time that promotes health and wellness.

1. Divide the learners into two equal teams.
2. On "Go!", learners from both teams try to get to the opposing team's safe zone without getting tagged.
3. Once a learner reaches the opposing team's safe zone, they grab one ball. The learner can then walk back freely to their team's safe zone without getting tagged. Learners place the retrieved balls in their own team's safe zone, where they then can be stolen by the other team.
4. If a learner gets caught or tagged in the opposing team's zone, they must sit down as if staring at a screen.
5. A teammate must run to a tagged learner, tag their hand, and exclaim an activity to do instead of watching a screen ("Let's go play outside!" or "Let's go read a book!"). The tagged learner can then walk back freely to their team's zone with their teammate.
6. The game continues until the end of the designated time or until one team no longer has any balls in their safe zone.

SCREEN TAG



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that the healthy way to relax and recharge is without a screen!

Label each of the four corners of the activity area as a different way to relax without a screen. Use the Unplug and Relax printable for examples.

- I will name an activity, then you will move to the corner of the room that describes your first choice to recharge.
- What is your next choice? (Learners move to a different corner.)
- If time allows, rename the four corners with a choice from the learner handout and repeat.

REFLECTION AFTER THE GAME:

Q: What was our lesson about today?

A: Making healthy screen-free choices to relax and recharge our energy.

Q: Name a health helper you can talk with about ways to reduce screen time.

A: Teachers, school staff, caregivers, or trusted adults.

Q: What are some screen-free activities you can do to relax?

A: Listen for screen-free examples such as doing puzzles, drawing, writing, reading, playing with blocks or Legos, breathing exercises, stretching, practicing mindfulness, or resting.

MODIFICATIONS:

Older Learners

- Add secondary safe zones within each team's side to create safe stopping points on the way to reaching the final safe zone with the balls inside

Sensory Modifications

- Instead of exclaiming a screen-free activity when freeing a teammate, ensure a relatively quiet environment by having learners share this activity on their walk back to their team's side.

Find more modifications at fit.sanfordhealth.org.