

SD72 PARENT HOME LEARNING LESSON

FOOT TAG

MATERIALS: None

INSTRUCTIONS:

- Head outside for a walk or designate a specific playing space in an open field or yard for this game.
- One person in the group can volunteer to be the tagger or 'IT' person.
- This person will use their feet to try and tag the foot of another player.
- Once the tagger has successfully tagged another person, that person will now become the foot tagger, and the game continues with a new 'IT' person.

FUNDAMENTAL MOVEMENT SKILLS: Balance, Coordination, Jumping, Hopping, Stopping



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Indigenous Games for Children. HIGH FIVE: Parks and Recreation Ontario. https://intranet.csf.bc.ca/wp-content/uploads/sites/2/2019/12/ressources/EA_indigenous-games-for-children-en.pdf