

Three-Against-One Tag

Impact: Encourages laughter and gets participants warmed up physically by working in partnership with one another and then against one another

Risk: Low

Group Size: Unlimited, but divide into groups of 4

Time Required: 10 to 15 minutes

Material: None

- Directions:**
- Participants divide into groups of four, and three members of each group hold hands. One member of each "triangle" volunteers to be the person to be tagged, and the other two agree to try to prevent their teammate from being caught. The fourth person in each group is "It" and must try to tag the designated person in the triangle. "It" chases the triangle team and is allowed to run around the triangle or reach across it. However, "It" cannot break apart the team.
 - Change roles when someone is tagged or too tired to continue.



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