

## **Bridge Tag**

A great tag variation that works on the core muscles and cardio.

The best part about this game is that the children will never really be in-active. Sometimes in games there are down times where they just stand around, waiting for something to happen. In this game, they always have something to do, making it a tougher game in terms of physical activity.

Depending on how big the group is, choose between 1-3 children to be the taggers.

When you start the games, the taggers will try to chase and tag the other players, when a player is tagged, he or she must form a front bridge, they can be un-tagged by other players if they crawl below their bridge.