

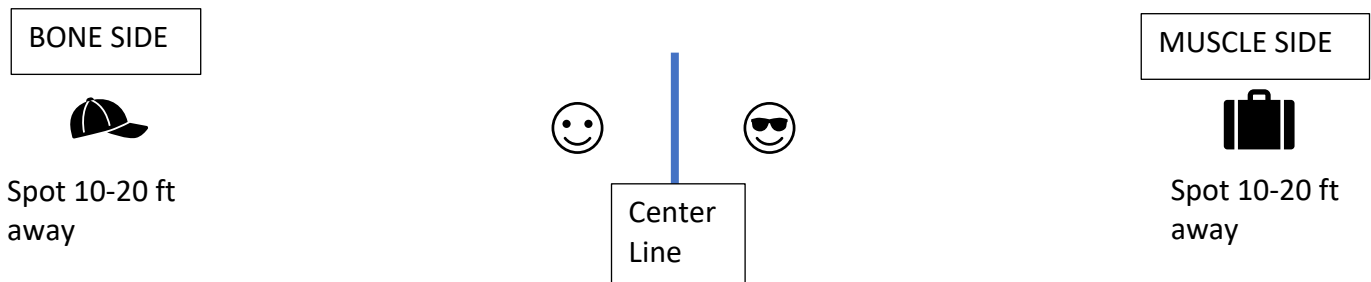
Line Tag

Instructions

- You will need 3 people to complete this activity.
 - 2 people to participate in the game, 1 person to call out content
- Draw or mark a thick center line.
 - If you are marking the center line with an object make sure it is not something you will trip over when running.
- Mark spots 10-20ft away on both sides of the center line
 - You can draw this line or mark it with an object. Again, make sure the object is not something you will trip over when running.

**To explain the rest of the set-up and rules, I will be using bones and muscles as my content. See the last page of this document for all of the bone & muscle names in English, Spanish, and Japanese. You can substitute this content later on for something else that works better for your kiddo.*

- On the one of the spots 10-20ft away from the center line, write or indicate that it is the BONE side. On the spot on the other side of the center line, write or indicate that it is the MUSCLE SIDE.
- Two people should stand facing each other on either side of the center line. There should be a gap of 2ft between the two people.
 - Make sure each person knows if they are standing on the BONE side or the MUSCLE side.



- The third person in this game is the caller. They get to pick a bone or muscle to shout out.
- If a BONE is called, the person standing on the BONE side must turn around and run to the spot 10-20ft away and tag it. The person on the MUSCLE side will try to tag the bone-side person before they are able to tag the spot
 - If the bone-side person is tagged, they must do 5 repetitions of an exercise (picked by the muscle-side person).
 - If the bone-side person tags the spot with their foot before they are tagged, the muscle-side person must do 5 repetitions of an exercise (picked by the bone-side person)
- Once the exercise has been completed, both people stand facing each other on either side of the center line and the game starts again.

Modifications

Content modifications

- Odd or even numbers
- Fruit or vegetables
- State or capital city
- Anything else that has opposites or two different groups

Less Challenging

- Make the gap between the two participants bigger (make it easier for the runner to make it to the spot before being tagged).

More Challenging

- Increase the distance between the center line, and the spots on either side (both participants will complete more running)

Video Examples

Watch Ms. H participate in this activity with her sister Rachel!

<https://youtu.be/J8YsTgHjofU>

Picture Examples

Draw or mark a thick center line.

In my video, I used two potted plants to mark the center line.



Mark spots 10-20ft away on both sides of the center line. One side will be the BONE side, the other side will be the MUSCLE side.

In my video the MUSCLE side was marked with a purple watering can.



The BONE side was marked by the potted rose bush.



Two people should stand facing each other on either side of the center line. There should be a gap of 2ft between the two people.

Make sure each person knows if they are standing on the BONE side or the MUSCLE side.



The third person in this game is the caller. They get to pick a bone or muscle to shout out.

If a BONE is called, the person standing on the BONE side must turn around and run to the spot 10-20ft away and tag it. The person on the MUSCLE side will try to tag the bone-side person before they are able to tag the spot.



Each round, one of the two people will do 5 repetitions of an exercise. See this example:

A bone is called! Rachel runs to the bone side and tries to tag the rose bush (her bone side object) BEFORE Ms. H tags her.



Rachel was able to tag the rose bush BEFORE Ms. H tagged her!

If the bone-side person tags the spot before they are tagged by the muscle-side person, the muscle-side person must do 5 repetitions of an exercise (picked by the bone-side person).

This means Ms. H must do the exercise because she could not tag Rachel before Rachel touched the rose bush!



Alternatively, if the bone-side person is tagged, they must do 5 repetitions of an exercise (picked by the muscle-side person).

Continue in this way, calling out bones or muscles, for the remainder of the game.

Bone/Muscles Content

These are the bones and muscles I used during our Bone and Muscle unit. Depending on the grade level, students will have learned different bone and muscle names. Talk with your kiddo before the game to see which bones and muscles they remember so you know which ones to call out.

Spanish Bone Name	English Bone Name	Japanese Bone Name
Cráneo	Cranium	頭蓋骨 zugaikotsu
Costillas	Ribs	肋骨 rokkotsu
Fémur	Femur	大腿骨 daitaikotsu
Húmero	Humerus	上腕骨 jōwankotsu
Tibia	Tibia	脛骨 keikotsu
Fíbula	Fibula	腓骨 hikotsu
Radio	Radius	橈骨 tōkotsu
Cubito	Ulna	尺骨 shakkotsu
Pelvis	Pelvis	骨盤 kotsuban
Rótula	Patella	膝蓋骨 Shitsugaikotsu
Clavícula	Clavicle	鎖骨 sakotsu
Escápula	Scapula	肩甲骨 kenkōkotsu
Esternón	Sternum	胸骨 kyōkotsu
Vértebras	Vertebrae	脊椎骨 sekitsuikotsu

Spanish Muscle Name	English Muscle Name	Japanese Muscle Name
Abdominals	Abdominals	腹筋 Fukkin
Bícep	Bicep	力こぶ Chikarakobu
Deltoides	Deltoid	三角筋 Sankaku-kin
Tendón de la corva	Hamstring	ハムストリング Hamusutoringu
Glúteo	Gluteals	殿部 Den-bu
Pectoral	Pectorals	大胸筋 Daikyokin
Cuádriceps	Quadricep	大腿四頭筋 Daitai-Shitōkin
Trapezio	Trapezius	僧帽筋 Sobo-kin
Trícep	Tricep	三頭筋 Santōkin
Gemelo	Gastrocnemius	腓腹筋 Hifuku-kin
Dorsal ancho	Latissimus dorsi	広背筋 Kouhai-kin