



Tail Tag

You already know how to play tag, but have you played tail tag?

This game works best with more than 6 people. You could play it with your school mates, neighbourhood friends or if you have a big family.

Each player gets a sock, scarf or bandana that you put in your shorts as a 'tail'. Instead of tagging someone by touching them, you have to take their 'tail'. Once you have their 'tail', it is yours to keep as a spare 'life'. Once you have no more tails, you must freeze on the spot. You can only restart the game through taking someone else's 'tail' (upper body movement only).

Make it harder

Try playing Red Rover (or Bull Rush) with your 'tails'.

Find a large green space (like a backyard, park or field) and have two defenders in the middle. All other players are 'attackers' at one side of the field. When someone says 'Go!' all attackers must run across the field to the other side, and the defenders must take as many 'tails' as possible. Once your 'tail' has been taken, you become a defender.

Repeat until the last two people remaining as attackers are standing — they are the winners and become the first defenders for the next game.

Make it even harder: Turn "Tail Tag" into "Tail Touch" — a ball game. If you know how to play touch football or rugby, try this with your 'tails' instead of touching or tackling. Team 'A' starts with the ball and tries to run over a line and score tries through passing the ball and dodging Team 'B'. Team 'B' (the defensive team) can stop you by taking your 'tail'. Team 'A' gets six 'plays' before changeover — once a 'tail' has been taken six times, it's Team 'B's turn to try and score.

