

Trekant tagfat

(Triangle Tag)



Aim of the game: Groups must cooperate to prevent the catcher to fetch the “prey.”

Set up: Indoor and outdoor free space (e.g. park, school backyard, gym)

Rules:

Three participants form a triangle facing towards the middle and hold hands. The fourth person is the catcher.

The catcher points out one of the three in the triangle, who becomes the person to be caught.

The three persons in the triangle cooperate and must prevent the catcher to catch its prey.

The catcher must run around the triangle and must try to catch, i.e. touch or tag his "prey."
If one is caught, the roles are changed and the game starts all over again with a new catcher.

The game should be played in any indoor or outdoor area that allows players to move freely.

Before the game starts it must be agreed how "active" the catcher can be: whether he or she shall be allowed to reach over and into the triangle, crawl under the arms, or if tickling is allowed.



Equipment and Materials: None

Age:
5+

Number of players:
4 per group

Duration:
5 - 20 min.

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Teaching Style

1. Encourage players to communicate throughout the game
2. Balance the ability level of the team
3. Safety instructions to be tailored to the environment and participants playing the game

Equipment

1. Allow participants in the triangle to be connected via rope/rings
2. Provide a bell for the catcher so as to provide aural awareness

Rules

1. Reduce number of players to 3 (2 hold hands, 3rd is the catcher)
2. Increase players to 5 (4 hold hands and 5th is the catcher making a square)
3. Set a time limit to prevent one person being catcher for too long /short a time
4. Modify movement pattern: e.g. jump on one leg, in press-up position (forward/backward), everybody sitting in a wheelchair



Environment

1. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles

