

# Research and Developmental Benefits of Locomotor Play

## Animal Tag

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### Materials/Space Needed:

~50 x 80 ft of space (indoors or outdoors)

Material to mark "cages" (e.g., Hula hoops, cones, tape to mark boundaries)



Image source: <https://www.playworks.org/game-library/animal-tag-2/>

### How To Play:

Mark each corner of the space with "cages" (using materials available)

Decide who will be "it" or the "zookeeper" and divide remaining players into 4 groups

Designate one person to play the "monkey"

- the player who frees others from their cages

Each group can choose an animal and movement for the game (e.g., horses gallop, kangaroos hop, zebras skip, cheetahs run, etc.)

Animals are set free to move around, but if tagged by the "zookeeper," they must return to their respective cage

While the zookeeper is trying to cage up the animals, the monkey is letting everyone loose by tagging them out of their cage

### Adaptation / Modifications:

Make it a game of freeze tag! If the "zookeeper" tags you, FREEZE like the animal group you're from.

The monkey is the only one who can unfreeze you.

Make the space smaller or larger for increased or decreased difficulty

Designate one cage for all the animals instead of multiple cages