Tape Shape Game

Equipment:
- Tape
- Paper and markers (instead of tape)
- Optional
  - Stopwatch
  - Music

Skill Emphasized:
- Cardiovascular endurance

Organization:
1. Arrange an open floor space
2. Use tape (or any other household materials such as paper and markers) to designate specific areas to travel towards on your floor.
   - If using tape: spread out variety of shapes, letters and/or numbers on your floor.
   - If using paper and markers: Draw out shapes, letters and/or numbers on the sheets of paper and spread them out on your floor.

- For this activity, parents and students will have the opportunity to exercise many muscle groups as they make their way from one area to the next.
- Along with learning new movements, there’s an opportunity to learn shapes, letters, colors, numbers, etc. The possibilities are endless! Specific instructions will be provided, but feel free to get creative with other fun and challenging movements!

Instruction:
Warm up and stretch before any type of physical activity!
1. Start by choosing a place to stand. (Favorite color, number, etc.)
2. Give instructions to follow that will lead them to their next destination (for example: “bear crawl to the square”, “hop like a Frog to the T”, “Run to the rectangle”)

3. Once parent/guardian and student understand the activity, use a stopwatch to record how long it takes to get from one destination to the other while following the instructions.

4. Have participant try to beat their own time or the time of any other participants (siblings, parents, guardians)

5. Be safe and HAVE FUN!

** Modifications/Variations:  
• Move like your favorite animal  
• Increase difficulty  
  - Place destinations further apart  
  - Hop on one leg  
  - Only use right arm and left  
  - Move to next destination while balancing an object on head, back, hand, stomach, and/or stomach. - Get creative!