



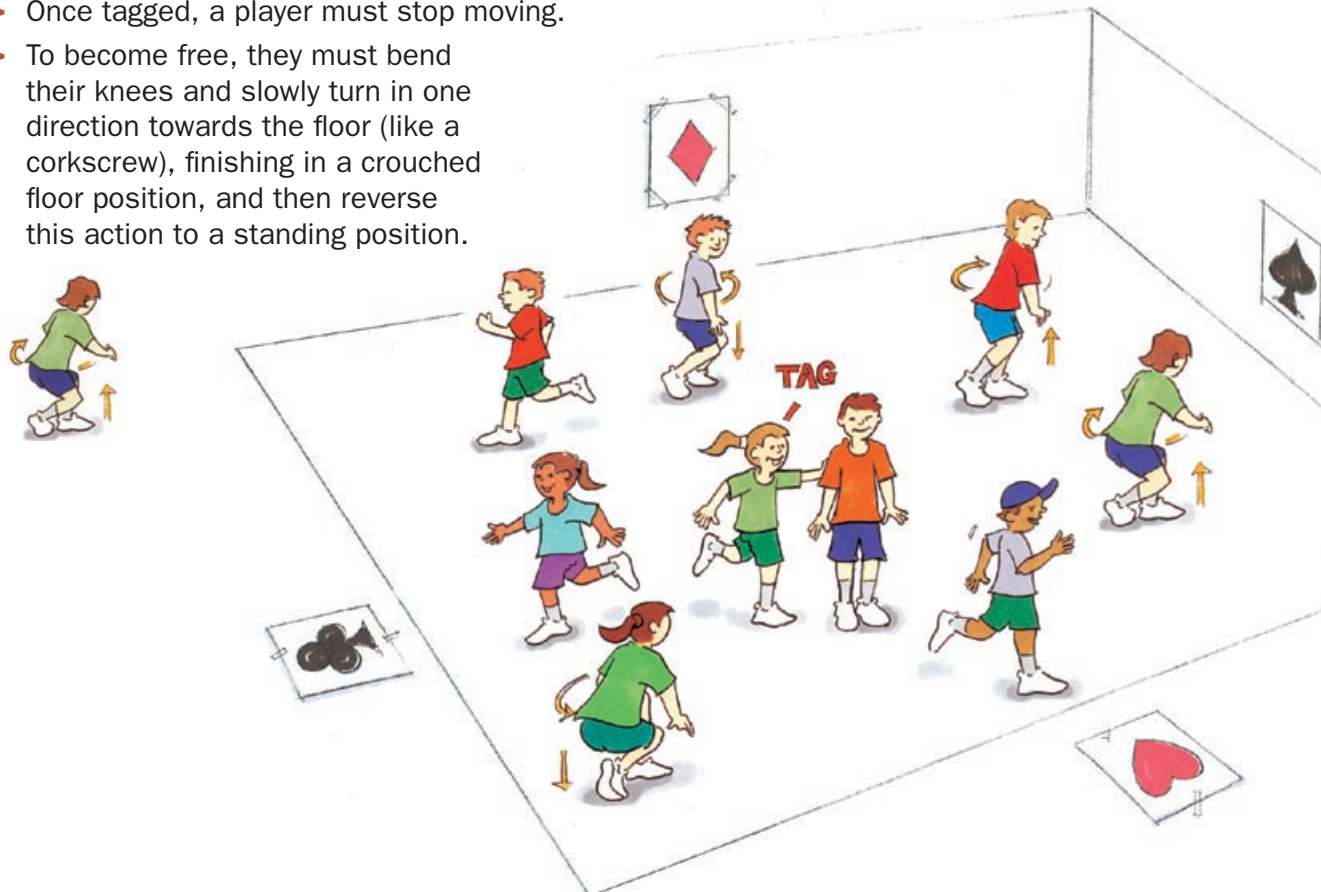
Corkscrew tag

B One or two taggers try to tag other players who must perform a corkscrew up and down to become free again. (Play with 8 or more.)

What to do

- > When you say 'GO!', one or two taggers try to tag other players.
- > Once tagged, a player must stop moving.
- > To become free, they must bend their knees and slowly turn in one direction towards the floor (like a corkscrew), finishing in a crouched floor position, and then reverse this action to a standing position.

- > The game stops after a set period of time or when all the runners are tagged.
- > Change runners and taggers frequently.



Change it

- > Players choose other up/down body turns to free themselves.

Safety

- > Have markers on the wall for players to use as a spotting aid when spinning.
- > Avoid too much spinning.
- > Make sure the floor covering does not inhibit players' movement for floor spins e.g. carpet can restrict movement.
- > Choose an area away from walls and other obstructions.

LESSON LINK

Corkscrew tag is an activity that practises balanced vertical rotation.