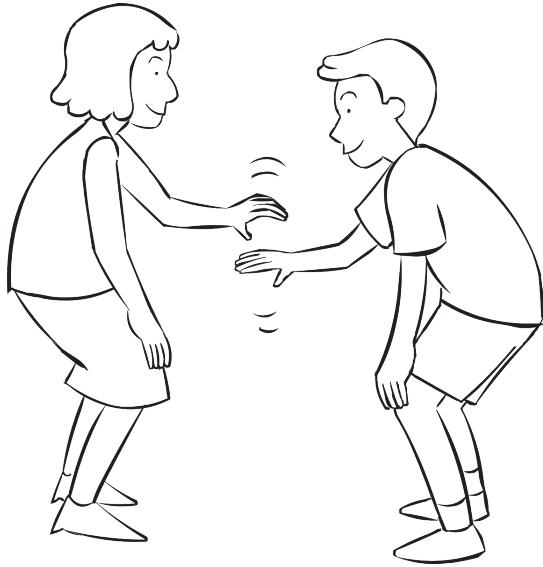


Knee Tag



At A Glance

Fun, high-energy tag game for pairs & large groups.

Benefits

- Simple
- Very energetic
- Highly interactive
- Partner activity
- No props

Time 2 - 5 min

People Medium 16 - 30

How To Play

1. Form pairs.
2. Standing with their feet about shoulder-width apart, each person faces their partner and places their hands on their own knees.
3. Each person attempts to touch the unguarded knee of their partner as often as possible to score a point.
4. After 20 seconds, the person with the most points wins.

5. Start a new round, swap partners, or try a variation.

Variations

- **Moving Pairs:** Keeping with this same partner, allow individuals to move from their fixed lead-footed position, perhaps to escape their opponent's reach.
- **Interlocked Fingers:** As above, but at all times while their feet are moving, an individual must interlock their fingers in front of them (other than when attempting a tag.) Ah, yes, this means that their knees are very open to being tagged.
- **Everyone Is It:** Introduce the ability for people to tag any undefended knees, ie those belonging to people moving about them. Remember, all moves (ie your feet are moving) must be made with interlocked fingers.
- **Hands-Up:** Call "HANDS UP" to cause everyone to hold their hands above their heads and not ever defend their knees. They may, of course, choose to lower a hand to make a committed tag of any exposed knees. Shortly after, call "HANDS DOWN" to allow people once again guard their knees, until the next "HANDS UP" and so on.
- Take a look at Triangle Tag, Toe Tag and Blob Tag for more high-energy run-around type games.

Leadership Tips, Video Tutorials & More

<https://www.playmeo.com/activities/running-tag-pe-games/knee-tag/>