

# **FLAGHOUSE** Activity Guide <sup>TM</sup>

# Loop Flagz



## **What Are the Educational Applications?**

Dodging and fleeing activities are an important component at any level in Physical Education. When teaching these types of activities, an important component of discussion is strategy. By focusing students on the waist area as the moving target, it is easier to track the individual's dodging and fleeing movements. Likewise, when only a specific area is being targeted, the strategy of body placement to avoid attack also comes into play.

## **How Can I Use This Product With My Students?**

Loop Flagz are adjustable. Small size fits 20"-30"; large size fits 26"-38". Each belt has 3 permanently attached loops that hang away from the belt in a constantly maintained "U" shape. These moving loops are difficult to catch, but when caught, quick-release buckles allow the entire belt to be pulled away from the participant. Whether you are playing Tag or Flag Football...some sample activities are described below:

### **Activity #1 Football Mania**

Before class, mark the playing field (as large a space as possible) into 4 equal zones. The end-lines are the goal lines. Then, divide the class into 4 groups of equal skill. Put each group in a zone. Have players in each zone divide themselves into 2 teams; each team wears Loop Flagz of one specific color. Place all the footballs in one large hula hoop behind one goal line. The game starts by one person (the "quarterback") passing the ball to a teammate in the first zone. If the ball is caught, that player passes the ball to a teammate in the second zone. As soon as the ball is passed to the second zone, the quarterback passes another ball to his/her teammate in the first zone. This continues until all balls in the hoop are gone.

Whenever a ball is caught by a teammate in a zone, it continues to the next zone until it reaches the fourth zone. As this is the last zone, the player that catches the ball runs past the end line for a touchdown.

If a person's Loop Flag is pulled before the ball is passed or they move over the end-line, or, if the ball is intercepted by the opposing team or dropped, the ball is placed on one sideline in the zone where it was dropped or intercepted. After all successfully caught balls reach the goal line and all other balls are on the sideline, the opposing team gets a turn to be on offense. Both teams gather all footballs and place them in the hoop at the other end line. The opposite team then starts play, trying to score touchdowns in the same manner by passing the ball through each zone to their end zone.

At the end of each round, tally the score and start the second round. A few minutes before the period is over, end the game. Players shake hands and the final score of course would be "FUN to FUN", leaving the game on the field.

### **Activity #2 Triangle Tag**

Have students form groups of 3 and join hands. The fourth group member will be outside the circle of 3 that are holding hands. That person will be the chaser. Designate one person in the circle as the person that the chaser will try and tag.

On the teacher's signal, the chaser will try and tag the designated person wearing the Loop Flag in the group by pulling a loop to release the belt. The group holding hands will work together to try and protect the tag-ee. Play for a designated amount of time and if they tag the tag-ee, switch roles.

### **Activity #3 Razzle Dazzle Football**

Divide your class into 4 even teams. Play on two fields that are side by side if you can. (If you have to go with just two teams, that is fine also). A good length of the field is about 50 yards. If you have uneven sides, have a person rotate in on every play so that one will be sitting out on one play.

To begin the game, have a throw or a kick-off. The team that has the ball has 4 downs to bring the ball down the field over the end line. Downs happen when the person with the ball has their Loop Flag removed, or when the ball is thrown to another teammate and the ball is dropped.

Teams then line up on each side of the ball. The ball is passed back to the quarterback and the game begins immediately. The quarterback must be rotated until everyone has had a chance to play that position. Anyone may tag (remove Loop Flag from) the person with the ball.

Upon scoring, the games begin with a kick or throw-off by the scoring team. Interceptions are allowed and the team catching the ball starts at the place they intercepted it, and it is from there that they get their 4 downs. If a team does not score in 4 downs, the ball is kicked or thrown off to the other team.

Throughout the game, it is important for the teacher to give feedback about throwing and catching. You should also demonstrate, on occasion, how important it is to complete shorter passes during this game. Throwing 4 straight long passes usually doesn't work well.

#### **Activity #4 Spiders and Flies**

Describe the game and safety considerations to students, as well as the rhyme that students will say. When done, choose a few students to be the taggers, or "Spiders". Then have them stand in the middle of the playing area. The remaining students, (the "Flies" or runners), line up at the same end of the playing area after putting on a Loop Flag. Make sure students are well spread out! The Spiders start by saying "We are the Spiders"; the Flies respond, "We are the Flies". The Spiders return, "We're gonna catch you"; the Flies say, "Just you try".

At this, the Flies move toward the opposite end of the playing area, trying not to get tagged (have their belt pulled off) by a Spider. If they do, they quickly put their Loop Flag away and then become a spider by taking a place in the middle of the area. Once the Flies have made it to the opposite end of the field, they stay there until given the signal to return to the opposite end of the field. When only a few Flies remain, start a new game by picking new Spiders.

Give students a rest by having them take a seat and review strategies for fleeing from others (move quickly; make sharp moves); catching others (move quickly; watch others' middle to see where they're moving); and dodging (quick movements). Begin the activity again, having students keep these in mind.

#### **How Do I Make This Product Developmentally Appropriate For My Students?**

- Make sure students clip the product just like a seat belt with the buckle in the front middle of their waists. This enables students to practice tagging from behind and decreases the likelihood of injury because the product is being removed from the person wearing it in a downward non-physical contact way.
- Vary the locomotors students use to move during activities.
- To address the varying aerobic needs, increase or decrease playing area accordingly.
- To address the varying aerobic needs, increase or decrease the number of taggers versus tag-ees.
- Can be used with any grade school and older age and skill level.

#### **How Does This Product Relate to Current Educational Thinking?**

Often when playing dodging and fleeing games, the educator is faced with issues such as, "did the person really tag the other individual?"; "are students reaching in appropriate places when going in for the tag?"; and "is the product safe?" Loop Flagz address all these concerns. The nature of the product eliminates the guesswork and keeps the educator from presiding over a "he said/she said" battle. When a student is tagged, the tagger pulls a loop from the tag-ee's Loop Flag and the belt unbuckles, so there is a clear distinction as to if the tag occurred or not. Some teachers are hesitant to use tagging because students often end up forcefully pushing the tag-ee, or a student might be tagged in an area that he or she does not want another person touching, such as the head. Loop Flagz eliminates this issue.

#### **In view of COPEC'S (Council on Physical Education of Children) position that all activities have both appropriate and inappropriate practices, please list and describe a few appropriate practices regarding how this item or these activities are valuable to a physical education program.**

- eliminates inappropriate place touching during tag activities
- eliminates need for tackling in football-related activities
- easy to incorporate into any tag-related activity, which in turn, promotes cardiovascular endurance

#### **Safety Issues & Concerns**

- Make sure hand or exposed skin is nowhere near the closure part of the clip to avoid pinching.
- Keep face away from plastic piece of closure when pulling another student's loop.
- If clip sticks or jams, do not continue to tug at loop.
- Make sure when belt is removed it is not left on the ground for another student to trip over.



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