



# CAT AND MOUSE TAG



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## **Objective**

The activity level of the children in Cat and Mouse Tag is moderate to vigorous-intensity in that the cat is constantly hunting for the mouse. The children must also concentrate and pay attention, as they may become a mouse themselves during the game.

## **Equipment**

No equipment required.

## **Instructions**

1. One child is the cat and another child is the mouse. The other children play in pairs and hold hands.
2. The cat tries to catch the mouse. The other children run around the play area in pairs.
3. If the cat tags the mouse, they switch roles.
4. The mouse can escape by grabbing the hand of one of the pairs. Now the child on the outside is the mouse to hunt.