The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Alligator Tag |
| Suggested level – first, second |
| Equipment - none |
| Like a normal game of tag apart from once you have been tagged you assume the press up position, this must be held until a free player assumes the press up position next to you and taps your hand, then you are free to move again. The game continues until everyone is caught or people are too tired. Safety: Think about correct body position in the press up position – strong, straight arms, extended body position with a flat back.Development Ideas:* Press up from knees for those unable to achieve full press up position.
* More catchers. Confined space – more being caught.
* Physical more demanding holding press up position. Think about body shape in press up position.
* Different body positions e.g. bridge. Upper body tagged hold one shape or position, lower body tagged hold a different shape of position.
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Adapted from Argyll and Bute No Limits Resource