The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Buzz |
| Suggested level – first, second |
| Equipment - none |
| Everyone stands in a circle and makes a pointed finger with their right hand and a flat palm with their left hand. They then place the pointer on the palm of the person to their right. When the leader says buzz, the aim is to catch the finger of the person next to you whilst moving your finger out of the way. Development Ideas:• Add gates made with cones to go through.• Spin person before starting.  |

Adapted from Argyll and Bute No Limits Resource