The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Meet in the Middle |
| Suggested level – early, first, second |
| Equipment - none |
| Everyone pairs up and then stands opposite their partner about 10m apart. On your command they run into the middle and perform the task you have described, e.g. high five, star jump, tuck jump, spins etc.  Safety: Make sure all the participants have sufficient space to perform jumps etc.  Development Ideas:  Choose different ways of travelling to meet partner.  • Build up a sequence of activities and extend  • Add talking task to carried out at the same time as sequence e.g. – alternatively saying the names of sports or saying stations of 6 times table etc. |

Adapted from Argyll and Bute No Limits Resource