The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Monkey Football |
| Suggested level – first, second |
| Equipment – large balls |
| Players all stand in a circle with their feet just over shoulder width apart, their feet must all be touching in the circle so that there are no gaps. The ball is then thrown around the circle with each person attempting to get the ball through other players’ legs. To start with the players are all allowed to use both hands to defend their goal, however if the ball goes through once they lose one arm, through again the turn and face out of the circle. Safety: The ball must be kept on the ground at all times and a soft ball should be used.Development Ideas:* Extend using more than one ball.
* 2 or more balls, call the name of the person you are passing to. Think about timing of pass so the balls do not touch each other.
* Think about attack and defence – leading into team games.
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Adapted from Argyll and Bute No Limits Resource