The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Owls and Mice |
| Suggested level – first, second |
| Equipment - none |
| Mark out or define a set area that the participants are going to be using. Tell the participants that they are all ‘mice’ and ask them to pick two other people in the group; one to be their ‘owl’ and one to be their ‘blade of grass’. When the command ‘go’ is given, the participants must run around the area trying to hide behind their blade of grass but avoid their owl. Safety: If there are several groups moving around the area they should beware of collisions |

Adapted from Argyll and Bute No Limits Resource