The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Shipwreck |
| Suggested level – early and first |
| Equipment - hula-hoops |
| In groups the participants all hold a hoop in both hands, this is their ship.  The challenge is to move around the area as a team and whenever the person in charge shouts shipwreck the hoop must be thrown to the ground and the whole team must get into it as quickly as possible. The game can be added to by including different commands, such as pirates, where each ship releases someone and another team has to capture them.  Safety - All hold onto the hoop with two hands. Consider speed of movement when working with a mixed ability group. |

Adapted from Argyll and Bute No Limits Resource