The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Snatch the flag |
| Suggested level – first and second |
| Equipment - none |
| Leader divides children into groups of 5-6.  • Leader uses cones to mark a large playing square for each group.  • Each player has a “flag” lightly tucked into their trousers or shorts (side or back).  • On the signal, players run around and try to capture as many flags as possible while dodging and protecting their own flag.  • When a child captures a flag, they tuck it into the waist of their trousers or shorts.  • When the leader calls “time”, children get one point for each flag they have captured.  • Decrease size of playing area after each round to increase the challenge.  Note  Can change group sizes and space sizes to start with depending on group. |