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. NoteCan change group sizes and space sizes to start with depending on group. |