The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Tent and tunnel tig |
| Suggested level – early, first, second |
| Equipment - none |
| Tent tig Leader chooses one child to be “it”.• Child who is “it” tries to tag other children.• When children are tagged, they must form a “tent” with their body: Bend forward, hands on the floor, seat in the air.• To become free, another child must crawl under the “tent”.Tunnel TigLeader chooses one child to be “it”.• Child who is “it” tries to tag other children.• When children are tagged, they must form a “tunnel” with their legs: Legs wide, hands out wide.• To become free, another child must crawl under the “tunnel”. |