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 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 “tunnel” with their legs: Legs wide, hands out wide.  • To become free, another child must crawl under the “tunnel”. |