The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| Octopus Tag |
| Level – first and second |
| Equipment - none |
| Leader chooses 1 child “Octopus” to be it. “Octopus” begins in the centre of the activity space.All other children are “fish”.Fish spread out along a base line at one end of the activity space.When the octopus yells “octopus!” all fish try to run to the other end without getting tagged.Fish that are tagged become “seaweed” and must try to tag the other fish. Seaweed cannot move—their feet must remain “rooted” where they were tagged. Restart the game when only 1 fish are left—they become the new octopus.Development* Depending on the group size or time you might to have two “octopi” instead of one.
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