

CAPTURE THE FLAG

Warm Up Activity



EQUIPMENT

TWO LITTLE FLAGS,
TWO SETS OF COLOUR BANDS AND
60 CONES TO MARK THE OVAL.



INSTRUCTIONS

PLAYERS ARE SPLIT INTO TWO TEAMS. THE OVAL IS SPLIT INTO TWO HALVES, WITH A LINE OF CONES SEPARATING BOTH TEAMS. IN EACH HALF THERE IS A JAIL (2M X 2M) AND AN END ZONE (4M X 4M), WHICH HAS THE FLAG IN IT. EACH TEAM IS SAFE ON THEIR SIDE AND CANNOT BE TAGGED. YOU CAN ONLY BE TAGGED WHEN YOU RUN INTO THE OTHER TEAM'S HALF TO TRY AND STEAL THE FLAG. IF THE OTHER TEAM TAGS A STUDENT IN THEIR SIDE THE STUDENT IS PUT IN JAIL, AND CAN ONLY BE FREED BY A TEAM MEMBER WHO RUNS OVER AND TAGS THEM IN THE JAIL. THESE PLAYERS THEN GET A FREE WALK BACK TO THEIR SAFE SIDE AND ARE BACK IN THE GAME.

TO WIN THE GAME A TEAM MEMBER NEEDS TO RUN INTO THE OTHER TEAM'S HALF AND DOWN TO THE END ZONE WHERE THE FLAG IS. THEY NEED TO GRAB THE FLAG AND TRY AND RUN IT BACK OVER THEIR SIDE WITHOUT BEING TAGGED. IF THEY ARE TAGGED WITH THE FLAG, THEY GO TO JAIL AND THE FLAG IS PLACED BACK IN THE END ZONE. THIS IS A GREAT GAME FOR TEAMWORK AND WORKING OUT STRATEGIES TOGETHER.



BreakAppz



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