

Movement Challenges & Games

CAPTURE THE FLAG

- Divide the group into two teams, each uses one half of the playing space as home base.
- Create a circle of cones 3m diameter inside each end of the playing space and place the flag (ball, bean bag any piece of equipment) in it.
- The aim of the game is to get through the other teams half and capture the flag.
- When you are in the other teams half you can be tagged by defenders which means you go to prison - prisons are the area behind the base line at each end.
- If you are in the flag circle you are safe from taggers.
- To get out of prison one of your team mates must make it through the other teams half without being tagged reaching the prison then walk you back to your half.
- Whilst walking back you are immune from tagging.

Equipment: Cones, Sashes, Flag.

Area Required: Any large open area. Split playing area into two equal halves with a halfway line and a prison within the playing area at each end.

Benefits

- Strategy (How will I avoid being tagged / how will I tag others?).
- Speed and agility (Quick changes in direction).
- Risk taking (Will I risk being tagged to help free others?).
- Team work.

How to explain the activity

- We have two teams who are each trying to capture the other teams flag.
- When you are in the other teams half you can be tagged and sent to prison.
- To get out of prison one of your team mates has to get through the opposition half and into the prison - you then link up and walk back to your half to play again.
- While walking back from prison you cannot be tagged.

Cues for debrief / reflection

- What strategies did you use?
- Did you focus more on protecting yourself or trying to free others? Why?
- What strategies did you find worked when trying to free others?
- How did it feel when you were stuck in prison for long periods?

How to vary the activity

- Vary the number of flags.
- Introduce more than two groups with designated jails for each team. Teams simply start by their jail rather than having a halfway line.
- Increase / decrease the playing area.
- Make the aim not only to capture the flag but bring it back to your half, if you get tagged in possession of the flag it has to go back to the circle and you go to prison.