

CAPTURE THE FLAG

YOU WILL NEED:

One flag per team. This can be made of anything (including old socks, t-shirts or pillow cases) and should be mounted on a stick which can be stuck in the ground. Ideally the flags should all be different colours to know whose team they belong to.

SET-UP:

Split the players into 2-4 teams and dedicate each team a 'zone'. This could be marked out, or you could use landmarks (e.g. between the tree and the plant pot).

Each team mounts their flag in their zone. They can hide it a little but at least part of it must be visible to the other teams.

Teams begin in their zone.

GAMEPLAY:

The aim of the game is to collect the other teams' flags and protect your own.

If you are in your own zone you are safe from the other teams, but if you cross into another team's zone, they can tag you, meaning you are in jail until one of your teammates frees you. If you are in jail, stand with your legs apart and arms out, and a member of your team must run under your outstretched arm, or between your legs (you decide what is best for your players and agree this at the start of the game).

If you are tagged when you have the flag, the flag is returned to the team you took it from.

The first team to collect the other flag(s) and bring them back to their zone wins. If you have more than two teams, decide if they must collect all the other flags or just a majority.

