



# KIDS ON THE MOVE



## Activity: Capture The Flag

### Equipment

- Flags (anything can be used as a flag- such as a bandana, a jersey, bean bags, etc.)
- Hula hoops
- Cones

### Set Up

- Divide the playing area into equal halves using cones
- Place a hula hoop in the far left corner of each side, and place your flags inside the hoop
- Surround this hula hoop with cones, and set out 2 additional hoops to act as "prisons"

### How To Play:

- The goal is for teams to try and capture all of the flags to their own side.
- When traveling on the opposing teams side, players can get tagged. If that happens, they must go into a 'prison'.
- Players can save someone in 'prison' by safely making it to them, and then both get a free walk back to their side.
- If players make it into the opposite flag area (inside the cones) they can't be tagged in there. They will try to escape with 1 flag back to their side.
- If tagged along the way back with flag in hand, they must return the flag and go into 'prison'.
- If a team captures all of the flags, the round is over. Start a new round!

