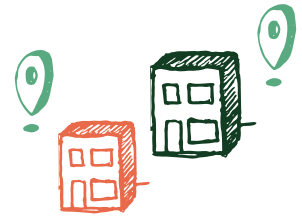


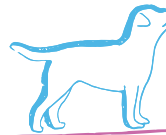


# CAPTURE THE FLAG

Who has the best aim?



## HOW TO PLAY CAPTURE THE FLAG



- > Split the group into two teams, each team having a flag or other marker at the team's base
- > The object of the game is to run into the other team's territory, capture their flag and make it safely back to your own territory
- > You can tag "enemy" players in your territory, sending them to your jail
- > They can be sprung from jail by a member of their own team running into your territory, tagging them and running back, with one freed person allowed per jail break.

**SUITABLE FOR:** All ages

**TAKES:** 20-40 minutes



### YOU WILL NEED:

- > Two flags or something to use as markers

### SAFETY...

Be sure to find a suitable and safe place to play like your street or in the park



### REMEMBER

This is an activity everyone can get involved in!



### Why not try?

- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #Bringbackoutdoorplay



For more fun activities visit:

[JOINUSMOVEPLAY.ORG/  
JUMP-OUTDOORS/](http://JOINUSMOVEPLAY.ORG/JUMP-OUTDOORS/)

