



Invasion Games

"Capture the Pins"

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Equipment: flag/flag belts for each student, 2 different colored flags if possible (1 for each team), can use jerseys/pinnies to identify teams if you only have 1 color flag/belt, 30 bowling pins. Cones or lines to mark boundaries.

Set-up: divide group into 2 equal teams, assign each team a different color flag or give one team jerseys/pinnies. Place 15 bowling pins at each end of the playing area. Students can choose to defend their pins, steal the other team's pins or alternate between positions.

Game Play: On the signal, students attempt to cross over the centerline into the other team's territory and make it to the "safe zone" without getting their flag pulled. If successful, they get to take one pin & get free walk backs to return the pin to their safe zone. If a player gets their flag pulled while on their opponent's side, they must pick up the flag and take it back to their side of the field to put it back on before attempting to steal another pin. A team wins when they have all the pins on their side or more pins when time is up.

Note: Defenders cannot guard the pins from inside the safe zone. Remind students not to throw the pins back to their safe zone after a steal.

Gym Set Up

