

The Dizzy Game

Divide the girls into their patrols

Line them up (lines spaced about 2 arm's widths away) facing a position 6 metres away.

In front of each line (at the 6m position), make a mark on the ground (chalk or drawn on the ground).

When a whistle is blown, the first girl in each line must run as fast as she can to the mark on the ground, and keeping her index finger on the mark, turn around 15 times. After this, she must run back (if she can!!) to her line and touch the hand of the next person, who then does the same.

The first team to get all their girls back is the winner.

This game makes you **EXTREMELY** dizzy, so make sure there is enough room to move around in!