



April Outdoor Activities

Capture the Fort

Age Range: 3rd - 6th Grade

Supplies: Ball

Set Up: N/A

Instructions: Divide children into two teams: attackers and defenders. Defenders form a circle facing outward with their captain in the center (this is the fort). Attackers surround the defenders about 8-10 feet away. The attackers try to get the ball into the center of the defenders, it can go through their legs or over their heads. If it goes over their heads, the captain may catch it and throw it back. But if it touches the ground inside the circle, the "fort is captured" and the players change sides.