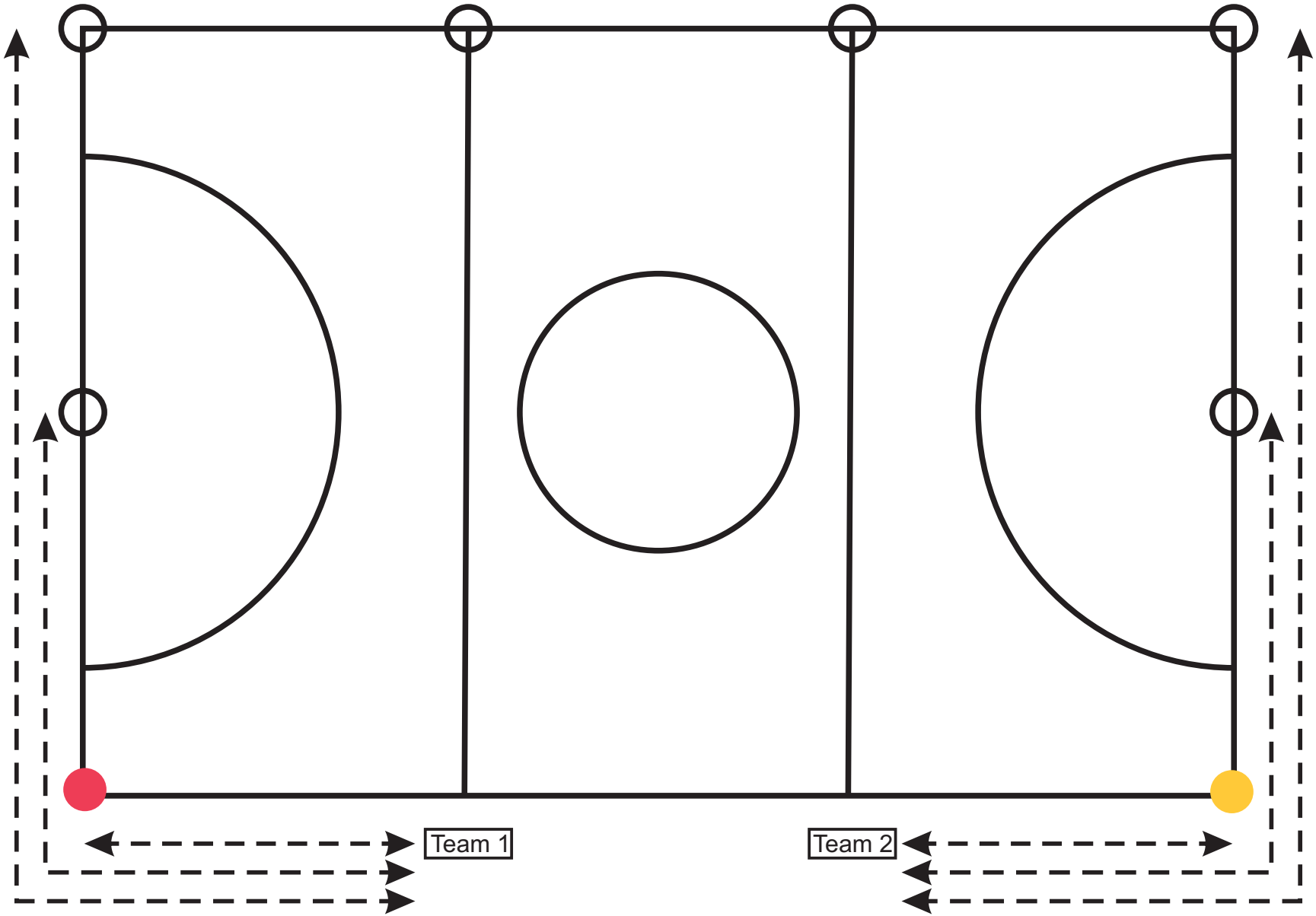
The Death Trap



Equipment Required: 1 Red Cone, 1 Yellow Cone, 6 Neutral Coloured Cones.
Divide the players into two equal teams. On the instruction to go, the first player from each team sprints to the first cone and back, followed by the second player and so on. The next player is not permitted to start until the player before her has returned to the team station. Each team continues onto the second cone (& back), third cone (& back) and so on until the players in both teams have completed each point. The final destination point for Team 1 is the Yellow Cone & the final destination point for Team 2 is the Red Cone. The first team with all players to return to their team station is the winner.