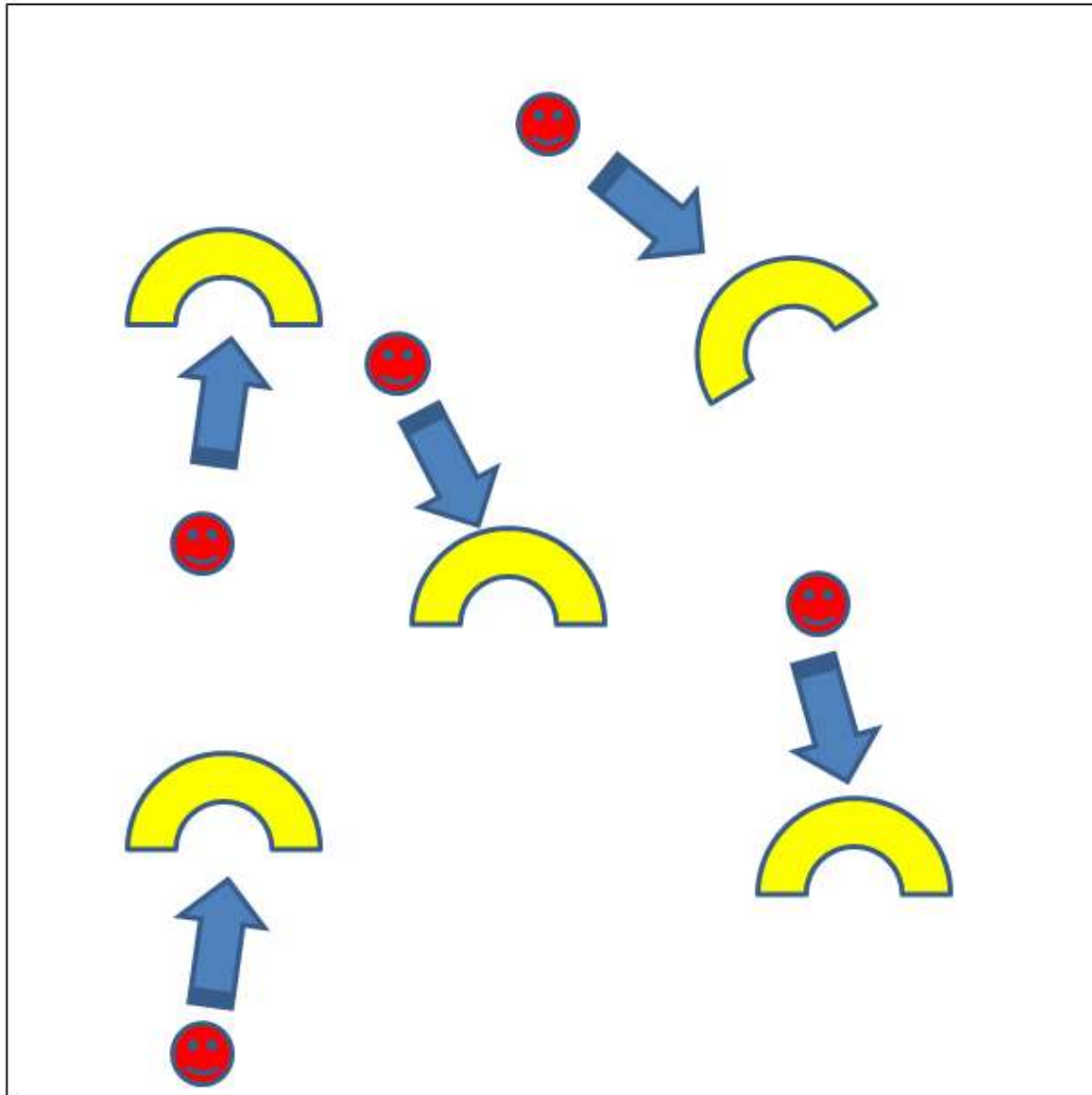


Bridges & Rivers



How to Play?

- Organise children into groups of 2.
- No. 1 Makes a bridge shape using body.
- No. 2 Crawls under bridge and then makes a new bridge for No. 1 to crawl under and so on.

Bridges & Rivers

Make it harder

- Get children to go under other bridges after their own.
- Challenge children to make different bridges using different body parts.
- Challenge children to jump over bridges no rather than crawling under.
- Introduce a ball to be rolled under bridge before jump.

Make it easier

- Get children to make simple bridges to start (On 2 feet, 2 feet & 2 hands)
- Spend time with everyone making bridges at the start.