

The PE Shed



Warm Up Game: Bridges and Rivers

Recommended Age Range: Foundation - Grade 3

Focus: Movement, Co-ordination, Balance, Communication and teamwork.

Equipment	Setting Up	Description	Further opportunities
<p>No Equipment needed.</p> <p><i>If outside mark out a square/rectangle as a playing area with cones/spots</i></p>	<p>This can be played in any indoor or outdoor area.</p> <p>Set a limit on the size of the area.</p> <p>If you are playing outside, create an area using cones/spots.</p> <p>Select 1-3 taggers</p>	<p>Half of the students are Bridges. Half of the students are Rivers.</p> <p>When students get tagged they are caught: Bridges create a Bridge shape (on their feet and hands) and Rivers lie flat on their stomach.</p> <p>A bridge can save a river, by building a bridge shape over the river. A river can save a bridge, by making the river slide underneath the bridge.</p> <p>The game is over once all of the bridges and rivers have been caught.</p>	<p>Differentiation</p> <p>Easier:</p> <ul style="list-style-type: none"> - Reduce the number of taggers - Increase playing area <p>Harder:</p> <ul style="list-style-type: none"> - Increase the number of taggers. - Reduce playing area - Have fewer rivers than bridges (or visa versa).

Bridges and Rivers

