Ships and Bridges

Bridges

- Place your hands and feet on the floor
- Keep your bottom high and your feet together
- Hold the position for the ship to move under

Ships

- Crawl like a soldier under the bridge

Questions

How high and still can you make your bridge?



Ships and Bridges

Further teaching points

- Pupils should try to keep the angry cat shape
- Keep feet together
- Hands flat on the floor, arms straight but shoulder width apart

Adapting the activity

Enable

- Make the bridge standing up (a 'star' shape)
- Make a bridge on hands and knees
- Make bridge with legs wide and/or slightly bent

Challenge

- Make a bridge as high as you can
- Lift one leg off to make the bridge
- Make a bridge facing the ceiling

Health Related Exercise benefits

Improves

- Strength of stomach
- Upper body
- Arms

Links to future learning

> Front Support

