The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

|  |
| --- |
| Bridge Tunnel Roundabout |
| Suggested level – early, first, second |
| Equipment - none |
| Along the lines of a relay race. The first member of the team runs a set distance out and lies down to create the bridge, the second member runs out and over the bridge then creates a tunnel, the third member of the team runs out and over the bridge, through the tunnel and stands as a roundabout. The rest of the team must then complete the course and the obstacles must reverse the process until they are all back at the start. Safety: Awareness of the chance of a trip or fall and briefing this beforehand. Development Ideas:* Teams can use their own creativity to add additional components to the race.
* Teams can decide the style of bridge they think will be best suited.
* Potentially the use of a plank for the bridge instead of lying down.
* Early level can be built up in stages instead of the whole race at the start.
 |

Adapted from Argyll and Bute No Limits Resource