The Highland Council’s High 5 Programme

Fit 15

Physical activity ideas that take around 15 minutes

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| 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