

# Movement Challenges & Games

## BRIDGE JUMPING

- Students work in pairs to achieve the challenge.
- Student 1 gets into Childs Pose (see core movement) on the ground.
- Student 2 then performs a standing jump over Student 1 and lands on the other side of Student's 1 body.
- Student 1 then forms Downward Facing Dog and Student 2 crawls under.
- Repeat this process 5-8 times and swap roles.

**Equipment:** Nil.

**Area Required:** Space for all students appropriate for crawling.

### Benefits

- Develop jumping skills
- Improve Agility
- Improve Flexibility
- Cooperation with partner
- Encourage communication
- Practice core movement poses

### How to explain the activity

- Ask everyone to find a partner and sit together in the designated space ready for a demonstration.
- Either ask a student to be your partner for the demonstration, or ask a pair to demonstrate the activity.
- Demonstrate as above.
- Student 2 jumps from two feet over Student 1 to land on the other side, then crawls on hands and knees under Student 1.
- When Student 2 has completed 5 - 8 repeats you will swap roles.

### Cues for debrief / reflection

- What was my aim with this activity, achievement, cooperation, speed, good performance?
- How well did I make the quick change in movement/height?
- What did I feel when my partner was jumping over and going under me?
- What did I feel before I had to jump over my partner?
- How well did I focus on performing the activity to my best?

### How to vary the activity

- Student 2 holds a ball and dribbles it when they crawl under the "bridge".
- Explore different types of take off jumps over the crouching partner.
- Explore performing the activity at different speeds.
- Perform the activity with different partners.