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| **Wildcats Activ8 Club Activity Breaker**  |
| **Activity Name:** Bridges and Tunnels | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Stability / Balance (Agility) |
| **Intensity Level:**Moderate  |
| **Description:**Split children into 2 even groups. One group becomes the bridges (lie down or on all fours) and tunnels (back bridge or legs wide apart). The other half start crawling under the tunnels or jumping over the bridges. After 30-45” swap over. | **Equipment:*** None or various balls
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| **Variations:*** Let the children come up with new and creative ways to make tunnels and bridges (perhaps link two people?)
* Condition the way children can move between the bridges/tunnels (skip, hop, etc.)
* Instead of jumping/crawling, use the bridges/tunnels to drive balls under/over them
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| **Keep an eye on:*** Bridges being low enough to avoid accidents
* Split them into more groups in different playing areas if there are lots of children to avoid clashes
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| **Other Benefits:*** Connection with others
* Creativity
* Overall body strength
 | **Coach’s Comments:** |