



ELASTIC BRIDGE

Ages 6+ | Family Based | 2+ Players

AIM OF THE GAME



- ▶ Roll the ball under a partner's body who is making a bridge shape without touching them.

EQUIPMENT



- ▶ Can be played with any appropriate ball for the playing space area. The bigger and lighter the ball the easier the game is.

HOW TO PLAY



- ▶ The game is played in pairs or groups of three. If playing in a group of three, two children stand facing each other roughly 3 meters apart; one of them with a ball. The third child is in between them sitting on the floor, with arms behind their back and hands on the floor. The player with the ball rolls the ball towards their playmate, as the ball comes towards the player in the middle they push themselves up using hands and feet to make a tunnel or bridge so the ball can pass underneath them. The player opposite collects the ball as it travels through and repeats the action. Do this 5 times and then change positions.

- ▶ If playing as a pair, the player who rolls the ball at the start must run to the other side of their playmate in the middle and collect the ball that they rolled once it has gone underneath their playmates bridge.

GAME VARIATIONS



1. Try making different bridge shapes for the ball to pass under.
2. Make a bridge shape with 2, 3, 4 or 5 body parts touching the floor.
3. Try doing this in a sequence with a different body shape for the bridge each time.
4. The player rolling the ball shouts a number before sending the ball and the player in the middle must make a bridge shape with that number of body parts touching the floor. Try to not repeat the same shape in your 5 turns.