



## The Setup

# Bridge Building

## What's needed

x6 Mini Action Mats

x4 Arrow Mats

x4 Splat Mat

Set of cones

Number of students: x8 maximum





**This is an engaging problem-solving activity with added physical development. It can be used as a stand alone activity or alongside a sequence.**

## Learning objectives

This learning activity is designed to develop children's fluidity through movement and muscle memory, and support their cognitive focus through repetitive sequencing.

## Early Years Statutory Framework England

## Physical Development

### ELG: Gross Motor Skills

- Develop strength balance and coordination activities such as climbing dancing running and jumping
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Develop agility and control over their bodies

## Personal, Social and Emotional Development

### ELG: Building Relationships

Work and play cooperatively and take turns with others.

### ELG: Managing Self

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

### ELG: Self-Regulation

Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

## How to Play

Split the students into 2 groups and ask them to line up behind the cones.

The student at the front of the line should be holding 2 splat mats and 2 arrow mats. Once ready, the students need to get from behind one set of cones - and past the other set - without standing on the floor. To do this they will need to put down mats for their team to stand on.

Once the first student in each team has reached an action mat, they must complete the action for 5 seconds.

In order to get to the next action mat, the student at the back of the line must pick up the mat that is on the floor and pass it down to the student at the front. This student can then begin to make a bridge to the next Mini Action Mat. Once each student reaches the mini mat, they must complete the action for 5 seconds.

Students should continue until all they have reached the 'safe zone' past the other set of cones.

This activity can be done as a race or just as a team activity. If completed as a race, a forfeit can be introduced if any student touches the floor meaning the team must start again from the beginning.