



# Stone, bridge and tree

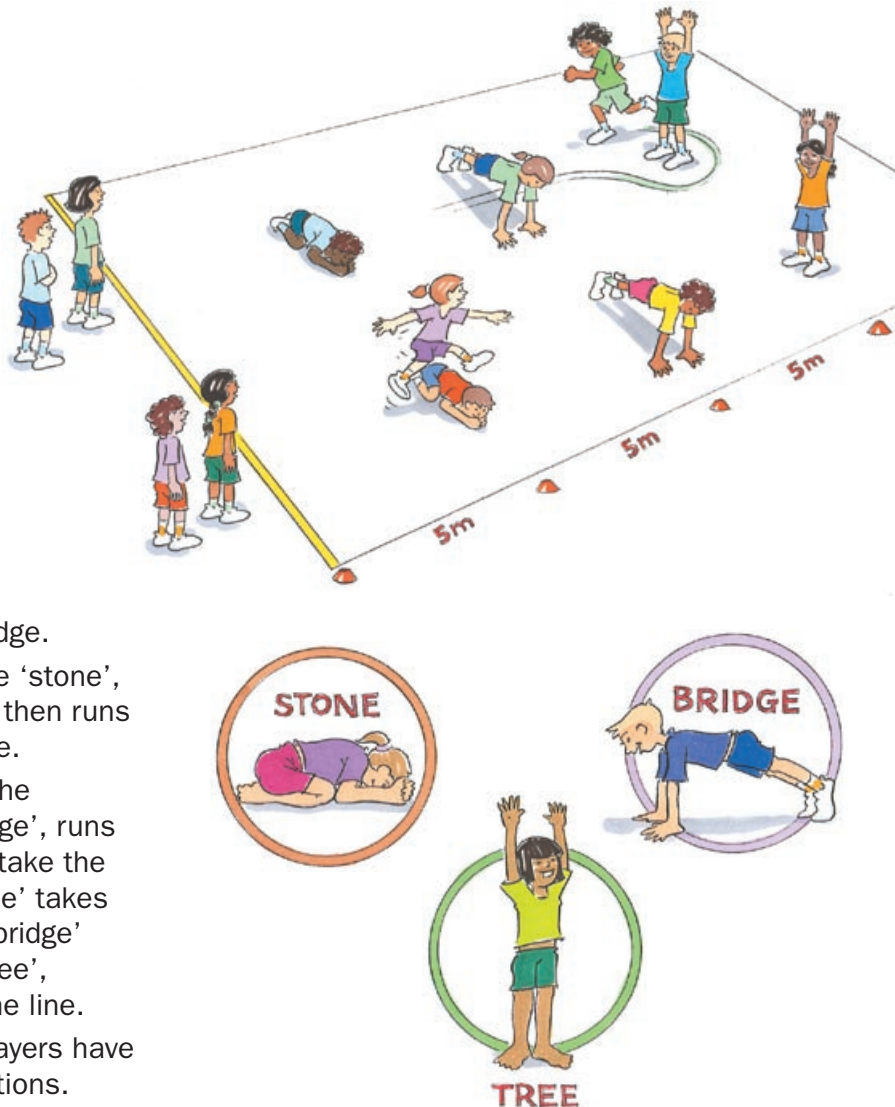
**B** A relay race using various static and locomotion movements. (Play in teams of 6–8.)

## What you need

- > An indoor/outdoor playing area 20 metres in length
- > A starting cone for each team and three cones spaced 5 metres apart

## What to do

- > Teams of 6–8 players line up behind their starting cones.
- > When you say 'GO!', the first player runs out to their first cone and forms a stone.
- > The second player jumps over the 'stone', and then runs to the second cone to form a bridge.
- > The third player jumps over the 'stone', crawls under the 'bridge', and then runs to the third cone to form a tree.
- > The fourth player jumps over the 'stone', crawls under the 'bridge', runs around the 'tree' and back to take the place of the 'stone'. The 'stone' takes the place of the 'bridge'. The 'bridge' then takes the place of the 'tree', who then runs to the end of the line.
- > The game finishes when all players have had a turn at each of the positions.



## Change it

- > Players stand upright with their legs wide apart to form the bridge.
- > Players jump over the stone's legs instead of their lower back.
- > Players skip to the stone, leap to the bridge and run to the tree.

## Safety

- > Make sure the 'stone' participant has their head securely positioned before others jump over them.

## Ask the players

- > How do you stop yourself getting giddy when you move quickly between low and high positions?

## LESSON LINK:

*Stone, bridge and tree* is a fun warm up activity that combines movement with the chance to practise holding static body positions. This helps to develop physical abilities associated with muscle control, especially in the lower back and abdomen, and forms the basis of many other activities.