Trains & Tunnels



Questions

How long can you make your tunnel?

Trains & Tunnels

Further teaching points

- Aim for angry cat shape
- Hands should be flat on the floor
- Arms straight and shoulder width apart
- The train should travel from head to feet

Adapting the activity

Enable

- Make the tunnel
- Standing up (a 'star' shape)
- Make tunnel with bent legs

Challenge

- Make tunnel as high and as wide as you can
- Figure of eight the train through the tunnel
- Make a tunnel facing the ceiling

Health Related Exercise benefits

Improves

- Strength of stomach, upper body and arms

Links to future learning

> Front support

