

Tunnel Shuffle

Grades K-5

BENEFIT

Muscular strength and endurance

LOCATION

Grass, multipurpose room

EQUIPMENT

None

- 1 Put students into groups of six to eight. In each group, the students form a line, standing front to back; they stand with feet apart to form a tunnel with their legs.
- 2 When you say “Ready, go,” the last student in the line gets down on all fours and crawls carefully through the tunnel. When he emerges from the tunnel, he stands with his feet apart to become the front of the tunnel.
- 3 Repeat the “Ready, go” command every five seconds until every student has had a chance to crawl through the tunnel.



Variation

Do this activity as a relay. Split the students into teams of equal numbers. The first team to reach a designated line wins the round.

Students form a tunnel with their legs. The last student in line gets down on all fours and crawls forward through the tunnel.