

# Bridges Up - Three Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Primary Junior

**Location:** gymnasium, large activity space, tarmac, outdoor field-

## What's It All About?-

Bridges Up is designed for maximum and meaningful participation and inclusion for all. These versions of Bridges Up are quick and easy to set up. They may be played in various locations in pairs, small groups, or large groups. Participants work together to create a bridge and send objects to an intended target to score points.-

## Considerations-

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.-
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.-
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of their own.-

## Safety-

- Visually inspect the equipment and playing area to identify and remove hazards. Check that the playing surface provides sufficient traction.-
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.-
- Review the safety rules and activity instructions with participants prior to the activity.-
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.-

## Version 1: Bridges Up (small group play)-

### Equipment-

- 1 hula hoop per group-
- 1 pylon per group-
- 10 objects per group (e.g., soft-skinned balls, tennis balls, soft toys, rubber chickens, beanbags)-

### How to Play-

- Divide participants into small groups of 3 – 6.-
- Each group selects 10 objects to send from available equipment.-
- Participants set up their designated playing area by using a pylon to mark the starting line and a hula hoop to mark their end line.-
- One participant volunteers to start as the “sender” and moves to the start line while the rest of the group gathers in the playing area midway between their start and end line. The group discusses how they would like to form a bridge.—
  - Participants may line up side-by-side on the floor or on all fours on the playing surface. Hands and feet are firmly planted on the floor while lifting their torsos to form a collective group bridge.-

- Participants may wish to form a bridge in another way by standing up with hands raised above the head and leaning into each other, or alternatively, with legs straddled to form a bridge or by using a wheelchair or walker to form a bridge.-
- Groups can get creative with the bridge formation and design a bridge that is fitting to the group.-
- The sender calls, "Bridges up!" and the other group members collectively form their bridge.-
- The 10 selected objects are sent under the bridge by the sender with the intention of reaching the hula hoop. The sender tries to roll the objects one by one under the entire bridge. If an object gets stuck, group members may help it along to move it to the intended target.-
- Upon completion of sending all objects, the sender joins the front of the bridge line and the last person from the bridge formation collects the objects and moves to the start line to assume the position of sender.-
- The game continues until all members of the group have an opportunity to try sending the objects under the bridge to the hula hoop.-
- Two points are collected for each object that lands inside the hula hoop and 1 point for objects touching the hula hoop.-
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.-

## Variations-

- Send the objects in various ways (e.g., one-handed roll, two-handed roll).-
- Group members may help move the objects with a hand, while holding the bridge position.-
- Group members forming the bridge may take rests in between objects being sent or change the shape of the bridge.-
- Increase or decrease the length of the playing area.-
- Increase or decrease the size of the hula hoop or change the target (e.g., pylon, cone, rubber base).-
- Decrease the number of objects that are sent.-

- Change the object that is sent.-
- Move the bridge closer to the target after each participant takes a turn at being the sender.-
- Move playing area against a wall and have participants lean into the wall to form a bridge.-
- Points may or may not be counted for objects that land in the hula hoop at the end of the game.-

## Version 2: Bridge Up (triad)-

### Equipment-

- 1 hula hoop per group-
- 1 pylon per group-
- 10 objects per group (e.g., soft-skinned balls, tennis balls, soft toys, rubber chickens, beanbags)-

### How to Play-

- Divide participants into groups of 3.-
- Participants select 10 objects to send from available equipment.-
- Participants set up their designated playing area by using a pylon to mark the starting line and a hula hoop to mark their end line.-
- One group member volunteers to start as the “sender” and 1 participant lies or crouches down in the middle of the playing area preparing to form a bridge. The third group member is the “gatherer” and takes up position at the hula hoop.-
- The sender calls, “Bridge up!” and the middle group member forms a bridge with their hands and feet maintaining contact with the ground and their torso lifting to form a bridge.-
  - Participants may wish to form a bridge in another way by standing up with legs straddled to form a bridge or by using a wheelchair or a walker to form a bridge.-
  - Groups can get creative with the bridge formation and design a bridge that is fitting to the group.-
- The 10 selected objects are sent one by one under the bridge by the sender with the intention of reaching the hula hoop, where the gatherer stands to collect the objects.-

- The game continues until all members of the group have an opportunity to try all roles.-
- Two points are collected for objects that land inside the hula hoop and 1 point for objects touching the hula hoop.-
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.-

## Variations-

- Send the objects in various ways (e.g., one-handed roll, two-handed roll).-
- Group members may help move the objects, while holding the bridge position.-
- Increase or decrease the length of the playing field.-
- Increase or decrease the size of the hula hoop or change the target (e.g., pylon, cone, rubber base).-
- Decrease the number of objects that are sent.-
- Change the types of objects sent.-
- Move the bridge closer to the target after each participant takes a turn at being the sender.-
- Move playing area against a wall and have participants lean into the wall to form a bridge.-
- Points may or may not be counted for objects that land in the hula hoop at the end of the game.-

## Version 3: Bridge Up (pairs)-

### Equipment-

- 1 hula hoop per pair-
- 1 pylon per pair-
- 5 objects per pair (e.g., soft-skinned balls, tennis balls, soft toys, rubber chickens, beanbags)-

### How to Play-

- Divide participants into pairs.-
- Pairs select 5 objects to send from the available equipment.-

- The pair determines the size of the playing area by placing a pylon at the start line and a hula hoop at the end line.-
- One participant volunteers to start as the “sender” and the other participant lies or crouches in the middle of the playing area preparing to form a bridge.-
- The sender calls, “Bridge up!” and the other group member forms a bridge with their hands and feet maintaining contact with the ground and their torso lifting to form a bridge.-
  - Participants may wish to form a bridge in another way by standing up with legs straddled to form a bridge or by using a wheelchair or a walker to form a bridge.-
  - Participants may wish to get creative with the bridge formation and design a bridge that is fitting to the group.-
- The 5 selected objects are sent one by one by the sender under the bridge with the intention of reaching the hula hoop.-
- Two points are collected for objects that land inside the hula hoop and 1 point for objects touching the hula hoop.-
- The game continues until both group members have an opportunity to try both roles or until the pair reaches a collective score of 10 points.-
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.-

## Variations-

- Send the objects in various ways (e.g., one-handed roll, two-handed roll).-
- Increase or decrease the length of the playing field.-
- Increase or decrease the size of the hula hoop, use multiple hoops, or change the target (e.g., pylon, cone, rubber base).-
- Decrease the number of objects that are sent.-
- Change the types of objects sent.-

- Move the playing area against a wall and have participants lean into the wall to form a bridge.-
- Points may or may not be counted for objects that land in the hula hoop at the end of the game.-