



PE Lesson:

OUTDOOR & ADVENTUROUS: CROSS THE RIVER

Decide on a start point (one side of a big river) and a finish point (the opposite side of the river)

- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with



Can you complete the challenge and cross the river without touching the floor!

If you fall in,
can you keep
trying to cross
successfully?

Top Tips!

Place the Pillows

Place the pillows down on the floor.
If you throw them you may over stretch and fall in.

Lets Reflect

What was the best method for crossing the river?
How did you feel when you crossed successfully?