



PE Lesson:

OUTDOOR & ADVENTUROUS: RACE ACROSS THE RIVER

Agree 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



It's a race!

The winner is the first person to cross the river without falling in and touching the floor.

If you do touch the floor, you have to start again.

Can you keep trying even if someone is quicker than you?

Can you play by the rules and if you touch the floor

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

Who was the winner?

Why do you think they were able to win?

How did you feel when you crossed successfully?