

Participants create a tunnel for other participants to travel through.



Instructions

- Place participants into pairs.
- Participants face their partners, about four feet apart and standing side by side with other pairs.
- Partners join hands overhead to form a tunnel.
- The first pair drops hands and travels through the tunnel and joins the end of the line and joins hands again.
- Continue until all participants have traveled through.
- Have the participants travel in different ways each time.
- A variety of fundamental movement skills can be performed by participants as they pass through the tunnel. Balance skills can be performed as participants form the tunnel, such as standing on one foot.