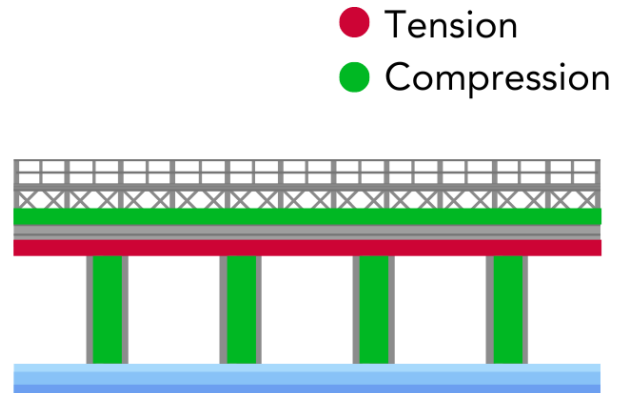


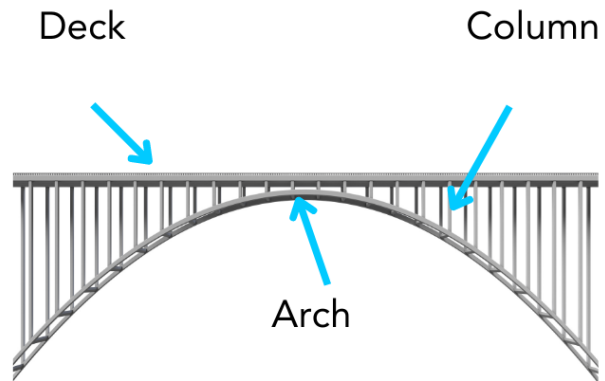
# Bridge Movements



**Movement:** Stand straight and tall like a beam.

What were your hands doing?  
What about you feet?

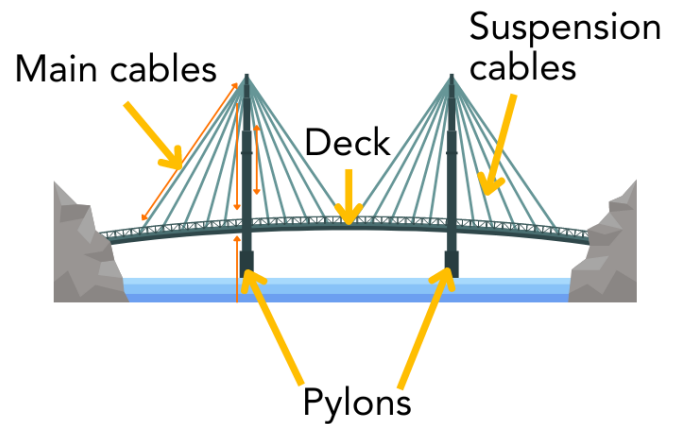
# Bridge Movements



**Movement:** Bend your back as if you are touching your toes. Try to have your legs and hands on the ground at the same time. Move your hands forward and legs back if needed.

Did you feel secure or did you feel wobbly? Why do you think you were secure/wobbly?

# Bridge Movements



**Movement:** Grab a partner. Hold hands above your head and lean back.

How did your body shape help you understand the function of the bridge?