

**D**ivide a team of eight children in half, positioning four at either side of a climbing net. Two at a time, children crawl across the net (or similar unstable horizontal climbing apparatus) using all four limbs. When they get to the other side, they high-five each other, then tag two teammates, who crawl back. The time it takes all eight to cross can be compared to another team – or they can try it backwards next time.

**Play Elements:** Balancing, climbing

*Adaptation* | Allow children to cross the netting however they can.

## NASPE Standards

#1, #2, #3, #5, and #6

## Benefits

- Develops core stability and upper-body muscular strength and endurance
- Promotes body control and awareness
- Fosters social interaction, teamwork, and personal enjoyment

## Teaching Tips

- Encourage students to experiment with the equipment before the “race” begins.
- Rule: Students must work together in pairs, and tag cannot take place until high-five has taken place at the far end of the netting.

## Safety Tips

- Instruct waiting students to crawl around the dismounting “lobsters” to give them room to dismount.
- Ensure that there is sufficient playground safety surfacing under and around the equipment.
- Spot as needed.

## Variations

*Easier* | Allow children to walk across holding onto railing, if available.

*More Challenging* | “Injured lobsters” only use three limbs on the netting.

## Did You Know?

The teeth of a lobster are in its stomach. Lobsters can be greenish-brown, blue, yellow, red, and even white.

