

# The seafood shuffle

YEARS  
5-6

*Many years ago, you and your family of crabs made your home in an old WWII submarine. Unfortunately, every time there is a storm it gets pushed further over the edge of an underwater ledge on which it balances. Last night was the biggest storm that any crab can remember. This morning you awoke feeling strangely seasick. The submarine is swaying up and down. Clearly, it is about to crash down into the deep and it is time for you to leave. Suddenly, there is a loud clang ... the exit hatch has slammed shut!*

## Focus

Coordination,  
communication

## Number of players

Several teams of 2

## Equipment

Benches

Hoop

Skipping ropes

## Aim

To successfully negotiate the course whilst being 'locked into position' with a partner.

## Instructions

1. An obstacle course must be arranged using benches (*submarines*) and skipping ropes (*seaweed*), ending with a hoop (*hatch*).
2. Children need to stand back-to-back with a partner.
3. Pairs can now link arms. Correct positioning will see their elbows hooked together behind them with their hands returning to a forward position. They are now *a crab*.
4. Children can practise moving and turning as crabs.
5. Upon a given signal, crabs will attempt to successfully negotiate the obstacle course. To make their final escape they will have to work out how to lift the *hatch* and climb into the *open water*.

**Extension:** Two benches joined at sharp angles will increase difficulty.

