

Obstacle course!

Let's get creative! Today we are going to see how we can use everyday items to create an obstacle course.

- Firstly, we need to make a plan. Have a think about the **SPACE** and **EQUIPMENT** you have available to you. Using a sheet of **A4** paper, draw out your obstacle course and label each station (try to have at least **5** stations). Remember to be creative and add in lots of different activities. For example, over / under, slalom, target throw, balancing, Star Jumps etc.
- If you don't have lots of equipment available to you, try and be creative and improvise with everyday items in your home / garden. Top tip! plant pots make excellent markers instead of cones!
- Next we need to gather up our equipment. Using our plan, place the equipment around the area. Making sure you have a start and finish line!
- Have a few practice runs around your obstacle course to get the feel of each station.
- Now it's time to test yourself against the clock! How fast can you complete your obstacle course? Challenge your friends and family to get involved!



Progression!

- 1) Can you add more stations to your obstacle course? Try to add a variety of new activities to make it more difficult.
- 2) Can you move in different ways through the obstacle course? For example, marching, crab walk, bear crawl etc.