



Obstacle Course

Can you build an obstacle course using the materials around your house and garden. You can make this as easy or hard as you want. You could include:

- **Balancing challenges** – place a plank of wood between two low benches or from the floor to a chair.
- **Crawling challenges** – peg/tie two corners of a tarpaulin/cargo net to the floor and crawl through it.
- You could make a tunnel. You might be able to add in some twists and turns you have to negotiate while crawling through
- **Slalom** – place some gardening canes into the ground approximately two steps apart and run, zig-zagging between each.
- **Stepping stones** – You could include a space where you are only allowed to step on certain spots/tiles/leaves etc. **Make sure anything you use to step on is not going to slip.**
- **Hurdles** – you could include some low obstacles you have to try and climb/jump over. **Make sure that, if you are jumping over something, it is lightweight and collapses/falls over easily.**

Try to build your obstacle course away from any buildings/walls/fences etc. and make sure there is nothing you can hurt yourself on around your course, eg plant pots.

Each time you set up an obstacle, have a go at attempting that on its own. Make sure you can complete it safely.

If it is too difficult, you can simplify it now.

If it is too easy, you can always make it more challenging later on, after you've completed the whole course.

- When your course is complete, see if you can make it all the way round without making any errors
- If you can make it all the way round with no errors; time yourself and see how long it takes you to complete it.
- Challenge other people in your household to have a go and see if they can complete it.

Make it more challenging by;

Blindfolding someone or get someone to blindfold you and guide each other around the course using a series of instructions.

See how far you can make it around the course without making any mistakes

Make sure you stay close to each other if one is blindfolded.
NO RUNNING when blindfolded

