

Obstacle Course

Home Physical Education

Can you set up your course in a variety of different ways?

How to play:

- Using objects such as tins, pillows and teddy bears can you create your own obstacle course?
- Place the tins in a line so you have to swerve through them. Layout teddy bears so that you have to jump over them or use pillows as stepping stones.
- How long does it take you to complete the course? Can you complete the course faster than someone else?



Can you keep trying to beat your time?

Top Tips

Use your space

Spread the course out in your garden or somewhere indoors with more space.

Let's Reflect

What was the hardest course you could create?

How did you feel when you beat your fastest time?