

# OUTDOORS

## Obstacle Course

**You will need:** Anything you have in your house or garage!

Try...

- Skipping ropes
- Witch's hats
- Cricket bats
- Balls
- Things to balance on
- Trampolines

What else can you find?

### Instructions:

1. Gather all your equipment.
2. Plan your course on a piece of paper, so you have an idea of the required space and which activities will go where.
3. Set up the course in your backyard, around the neighbourhood, or at the park.
4. Make it as fun and interesting as you can! Take care when setting up the equipment. **Make sure each obstacle is safe to use, and that other people won't trip or hurt themselves.**
5. Once the course is complete, challenge a friend or sibling to get through the course. Try timing each other, and then challenging your personal best!

