

# OBSTACLE COURSE



GET ACTIVE



30 MINUTES



READY TO GO



## GETTING INTO THE ACTIVITY

Using furniture and household items, set up an obstacle course for you and your family. Before doing this, speak to your grown up and ask them what you can or can't use.

**Furniture** - Crawl through chairs, wriggle under tables, use cushions as stepping stones.

**Household Items** - Army crawl under a duvet, throw balls into a laundry basket, balance a book on your head for 10 steps.

**Other** - 5 star jumps by the kitchen door, forward roll through the lounge, jump and touch the door frame.

Challenge the rest of the family on the obstacle course and see who is the quickest.



## WHAT YOU'LL NEED

- Various Household Items and Furniture
- Timer



## NOTES FOR PARENTS & CARERS

Give clear rules on what can or can't be used. Make sure everything that is used is safe and has been checked for risks.