

# Make an obstacle course

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## Equipment you can use

- ▶ A ball for throwing and catching
- ▶ Skipping rope
- ▶ A hoop
- ▶ Cones/things to run around
- ▶ Chalk
- ▶ Obstacles if you have them, eg: hurdles
- ▶ If you don't have any equipment you can just set up different exercises eg: star jumps, running on the spot, burpees, squats, squat jumps and any more exercises you can think of.

# What to do

- ▶ First, set up any equipment, preferably in the garden as you have more space and don't want to get hurt or break something in the house!
- ▶ If you are doing any exercises, make sure you stretch before you start.
- ▶ Starting at one end of your garden, go around each obstacle as quickly as you can. You can even time yourself for a challenge!
- ▶ If you want to, you can get someone to film you doing the obstacle course and email it into your class teacher.

# Some examples

- ▶ If you are struggling with what to do for your obstacle course then here are some examples/ideas for you:
- ▶ You can get some chalk and draw obstacles on the garden floor, to jump over or weave around. It doesn't stain the ground, it washes away easily with water or in the rain.
- ▶ You can use a ball to throw and catch. You can even do little challenges like clapping as many times as you can after you've thrown the ball, seeing how many keepy uppys you can do, throw the ball spin around then catch it and many other things.
- ▶ If you have a trampoline, you can do challenges - different jumps or flips. Only do flips if you have done them before and you're on a big enough, safe trampoline which has a net.
- ▶ You can use a hoop to get around: pull over your head, place on the floor in front of you, step into it and repeat.
- ▶ See how many times you can skip in 30 seconds (using a skipping rope)