

This week for P.E. you could try to make an obstacle course in your back garden, on the footpath outside your home or on a local green. You could make your obstacle course into a competition. See who can compete it the fastest. Time yourself/ your siblings. Here are a few suggestions to help you organise your obstacle course.

Ball ideas:

- Bounce a ball on a racket a specific number of times
- Dribble a ball around obstacles bouncing or kicking
- Toss/kick a ball or household item into a net/target

Balance ideas:

- Use a rope or any other long thin item you can find and lay it on the ground in different shapes for you to walk and balance on.
- Use rope or string or wool to create a laser course which you have to manoeuvre your way through
- Use a rope or the kitchen brush or other objects that you can limbo beneath

Crawl under:

- Create a tunnel using chairs, blankets boxes which you have to crawl beneath

Other ideas:

- Balance an egg/potato on a spoon and balance your way through the course
- Do 10 jumping jacks
- 5 push ups
- 5 burpees

Use whatever you have at home to create your own obstacle course.



