

OBSTACLE COURSE

Age: 4+

Garden Obstacle Course.

What you need:

A rope/ garden hose

Ladder

Tyres

Hoops

Broom

Cardboard Boxes

Strong Smooth Boards

An old blanket.

A trampoline/old mattress (if available).

Chairs

Ball

What to do

Crawl under some garden chairs.

Jump ten times on the mattress.

Jump over the broom

Run around tree / bush

Hop through the rungs of a ladder laid flat on the ground.

Walk up a plank balanced on a strong box.

Jump through three or four tyres or hoops.

Crawl under the blanket.

Throw a ball through a tyre- hit the target.

Crawl through a tunnel of cardboard boxes/ chairs.

Walk along curvy rope or hose.

Run backwards.

Hop on run leg to the finish line.

The only limit to this game is your imagination. Use everything and anything you can find and put in any order.



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