60 Second Challenge
Obstacle Course

The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.

#StayHomeStayActive

Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold
45 points

Achieve Silver
30 points

Achieve Bronze
15 points