Obstacle Course
PE Home Learning

**Time to Learn:**

- Using objects such as tins, pillows and teddy bears, can you create your own obstacle course?
- Place the tins in a line so you have to swerve through them. Layout teddy bears so that you have to jump over them or use pillows as stepping stones.
- How long does it take you to complete the course? Can you complete the course faster than someone else?

**Challenge yourself!**
Start with a shorter course and extend it as you get faster!

**Time yourself against someone!**
Have five goes each. Who will be the quickest?

**Race against other family members!**
Who is the quickest in your family?

**Top Tips**

- Use your space
  - Spread the course out in your garden or somewhere indoors with more space.

**Let’s Reflect**

- What was the hardest course you created? Can you explain why?
- How did you feel when you beat your fastest time?