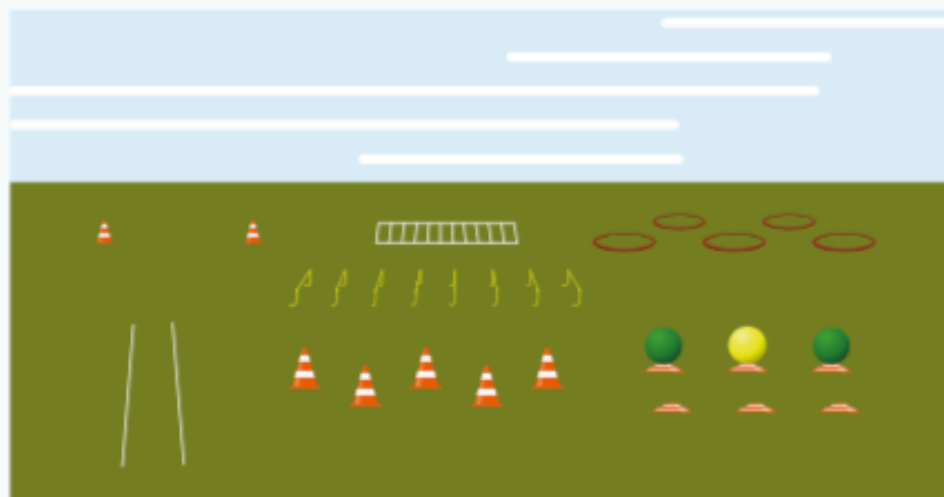


# Obstacle Course



## Getting Started

1. Set up an obstacle course using a variety of equipment that you have available.
2. This equipment could include cones, benches, ladders, hurdles, hoops, hedgehogs etc.
3. Challenge the children to move around the course exploring a range of different movements (sideways, backwards, over, under, in and out, jumping, hopping, skipping etc.).
4. Start the children at different points on the course to avoid queuing.

## What to look for

- Variety of ways of travelling
- Creativity

## Differentiation

### Easier

- Focus on specific movements

### Harder

- Introduce equipment (basketballs to dribble, hockey sticks to dribble, bats and balls etc.)
- Introduce rules e.g. can't move forwards, can't stand still