

Obstacle Course

Make your own physical challenge!

What you need:

Logs and long sticks
Leaves, ropes and stones
Man-made found objects
- like planks and boxes

Something extra:

You can make indoor obstacle courses too!
Use things like chairs, cushions and tables to
create a challenging course.

Ready, steady... go!

GETTING STARTED

Find an outdoor space where you can make your obstacle course.

Gather all your materials together.

Use a combination of the environment around you, and the objects you bring in to build your course.

PLAN

Draw a rough plan of your course.

Include sections that give you different challenges – like jumping, balancing and crawling.



TEST AND IMPROVE

Once it's built, test out your course to make sure it works for you!

Add extra fun by increasing the challenges.

BLINDFOLD CHALLENGE

Once you've mastered your obstacle course, why not try it blindfolded?

Ask a seeing-eye partner to help you.

