

# Garden Obstacle Course!

Get creative, thinking of different items in your house to use in your obstacle course. Why not use:

- Buckets to hop on and off
- Sprinklers to leap through
- Blankets to crawl under
- Shoes to weave between
- String to 'balance' on
- An egg and spoon challenge
- Walk through something gross!



Think about all the different ways you can move. Try including sections where you:

- Run, stomp and tiptoe
- Roll
- Walk backwards
- Spin
- Crawl
- Jump, step or climb over objects
- Weave between objects
- Kick, throw or roll a ball



Have fun, and send me your pictures on E4L!