



Obstacle Course PE Home Learning




Can you keep trying to challenge yourself, getting quicker as you complete the course?

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?