

PE HOME LEARNING CHALLENGE CARD

Challenge 7: Obstacle Challenge



Brief

This challenge tests your running, jumping and creative skills. This game is best played outside and in a large space and all you will need is a range of items from your house.

Place a range of objects (pillows, cushions, soft toys etc.) on the floor. Your aim is to run and jump over as many of the obstacles as you can in a 60 second time limit. You score one point for each obstacle you clear.

Can you beat your previous score?

Bronze - Score 15 points in 60 seconds

Silver - Score 30 points in 60 seconds

Gold - Score 45+ points in 60 seconds.

Fancy something different?

Why not be even more creative and create your very own obstacle course?

You could even create a plan with labels or take photos of you completing your course.

How fast can you make it round?