

# Obstacle course

Try out a few of these ideas for creating an obstacle course inside or out!

  
Throw balls of socks into a bin from a set distance



10  
burpees

Set up 'stations' of different exercises:

5  
press ups

15  
star jumps

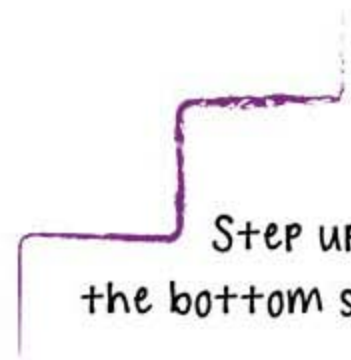
Circle round and round a chair 5 times



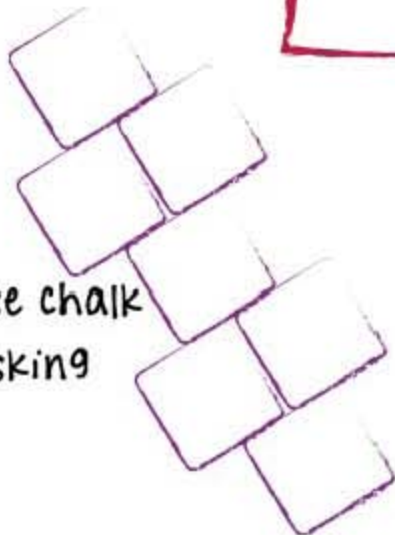
Use a pillowcase to hop along a set distance



Step ups on the bottom stair



Create a hop scotch grid (use chalk outside or masking tape inside)



Create a tunnel from a duvet cover to crawl under

