



Obstacle Course

The Task

- The challenge is to build and run an obstacle course.

How?

- Find a suitable area of open ground. A school field or area of the playground will work well.
- This challenge will work well in small groups of about 4.
- The teacher sets up an obstacle courses using equipment and/or features of the landscape. The pupils can try it, then they can work in groups and use whatever equipment they like to build their own obstacle course.
- Pupils can try their own courses before moving on to try each other's.
- As an extension pupils can start with a bucket full of balls and have 2 minutes to move as many items (one at a time) to a bucket at the other end of the obstacle course.
- You could make your obstacle course activity specific, e.g. dribble a football, run with a bat and ball, use a skipping rope as you go round.

Considerations

Discuss:

- The area to be used.
- What design and layout will work well?
- How many obstacles? You may wish to set some limits.
- Nothing too extreme Set some parameters.
- Should it be competitive or not?



What will you need?

Suitable area of ground

A variety of objects that can be used to build an obstacle course. Examples include cones or space-makers, hula-hoops, skipping ropes, space-hoppers, hurdles, bat and ball etc.

Use features of the natural environment, trees to run round, logs to jump over etc.

Stopwatches?

Tip: Supermarkets will often give you some big cardboard boxes if you ask.





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Organisation & Layout

- If possible, select an area with a range of surfaces, kerbs, trees, roots, logs, play equipment, traverse wall etc.
- Divide the class into smaller groups.
- Prepare equipment in advance.

Learning Objectives

- Target Curriculum level 1,2,3
- Health and Wellbeing, Movement skills, exercise, having fun!
- Problem solving
- Working collaboratively
- Mathematics – using timings

Safety Information

- Define an area suitable for the age and attainment level of your group.
- Set some parameters that are appropriate, such as jumps and cartwheels etc.
- Keep the group in sight at all times.
- Manage the activity when people start running about.
- Sanitize equipment, if necessary, with spray bottle and cloth.

Review & Assessment

- What went well?
- Was it fun?
- What was difficult?
- What did you learn?
- Did you improve?
- What would you do differently next time?

Additional Links & Support

[BlaivadachObstacle Course - YouTube](#)

[NHSGGC Obstacle Course resource](#)

[Obstacle Courses - Twinkl](#)

[Obstacle Courses - Pinterest](#)

