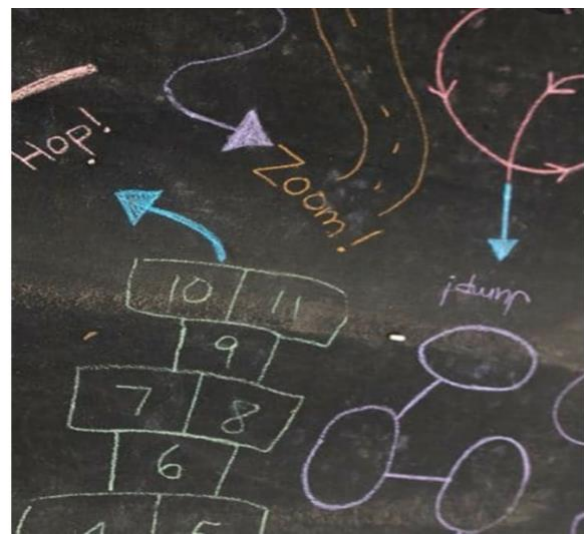


Obstacle Course Challenge

With all this nice weather, why don't you get outside and use some chalk to create an obstacle course. You could set yourself a target to complete it within a set amount of time, or do it 10, 20 or more times to get your heart rate up and keep fit!

Why don't you ask your parent, carer, brother or sister to beat your best time?

If you don't have chalk perhaps you could improvise? Use outdoor materials, eg sticks and stones to represent different movements, for example, run from the first stone to the second stone, hop from the stick to the next stick, jump from one dandelion to the next, etc.



😊 Remember to send us a picture if you can 😊