



Thursday, 4th June
Obstacle courses

Everyone loves an obstacle course particularly if it involves water on a hot day!

Children always have great ideas and love helping design a course!

Have things to run to; crawl under; climb on.

They can add bouncing a ball 10 times; doing squats; skipping on the spot; star jumps.....anything challenging!

They can include dressing up: putting on funny items of clothing as they go around the course. (wellington boots /funny hats)

They can add bobbing apples in a bucket of water ; transferring water between 1 full container to 1 empty container. Try using a container with holes in the bottom for more fun (eg. a milk carton)

Have fun!



