

18. Course

Description

Invite the pupils to create their own obstacle course based on given restrictions or parameters, e.g. the obstacle course may/must include the following:

- A strong starting shape
- A strong finishing shape
- At least 3 different methods of travel
- 3 rolls
- 3 dynamic balances
- 2 different levels of movement

Equipment

- Cones
- Broom sticks
- Chairs
- Skipping ropes
- Any equipment from the PE Cupboard

Variations

- Invite pupils to work in pairs and limit the restrictions.
- Time pupils completing the obstacle course.

