



Obstacle Course

Design an obstacle course with objects you can find around your house. Build the course in your backyard, or ask a grown up to help you build it in a shared or public green space.

Try and include as many of these obstacles as you can:

- Something heavy you need to lift or pull
- Something you need to balance along
- Something you need to jump, hop or skip around or between
- Something you need to crawl through
- Something you need to climb over
- Something you need to throw or catch

Make it harder

**Can you time yourself completing the obstacle course?
What's your best time?!**



- Can you do the obstacle course backwards?
- Can you try making the obstacle course longer?
- Can you make one lap take 3 minutes?
- Can you do the obstacle course on one leg?
- Can you do the obstacle course while balancing a tennis ball on a plastic plate or while holding a cup full of water?
- Can you build the same obstacle course twice, and race a friend or grown up?
- Can you include a new skill you're trying to work on, like a cartwheel or a skateboard trick?

A program developed by

health+wellbeing
Queensland

An initiative of



Queensland
Government