

Big Pedal 2021

Obstacle course



Design an obstacle course in your home or garden. Or chalk draw your course on a pavement or path.

Remember to ask an adult for advice on where to set up your obstacle course. And follow government guidelines on social distancing.

Instructions

1. Draw out a plan for your obstacle course on paper.
2. You might want to include hopscotch, hopping, running, walking the plank or adding in sharks to areas where you can't step. If you're using chalk, you could add some drawings or colour in a rainbow.
3. Now you have your design, let's create your obstacle course.
4. Using your collected household items or chalk, build or draw out your obstacle course.
5. If you are using chalk to draw your obstacle course: [check out these ideas for inspiration.](#)

Remember to ask an adult for permission if you are using chalk. And always follow government guidelines on social distancing

Once you've created your course it's time to get active and have a go.



What you might need:

Pencils

Paper

Chalk

Various household items like tins, bottles, rope or string

And your imagination!

Extension

Have a think about what your ideal obstacle course would be along your road?

How long does it take you to complete your obstacle course?

Can you challenge someone else in your house to see who will be the quickest?

What things would you have in it if you could choose anything (bouncy castles, swings, rope ladders, zipwires)?

Why not draw out your street and design it? Do you think it would be better to have a fun thing like that instead of so many cars?

