

FRIDAY JUNE 5<sup>TH</sup> 2020

## Sports Day Event: Create your own obstacle course

We've suggested some possible courses below, but try to be as creative as possible and feel free to send pictures or videos of your course set-up and a guide on how to complete it.



**\*\*Make sure you get permission from an adult in the house before creating the course!\*\***



### Example 1

#### Basic Obstacle Course

Start ➤ Balance ➤ Bottle Flip ➤ Crawl under blanket ➤ Jumper

Step 1 - Balance: Balance a plastic cup on your head

Step 2 – You must bottle flip a ¼ full plastic bottle of water before you can move on

Step 3 – Crawl under a big blanket

Step 4 – Put on a Jumper and race to the finish

### Example 2

#### Basic Obstacle Course

Start ➤ 20 Star Jumps ➤ 15 Burpees ➤ 10 Sit ups ➤ 5 Press ups

Step 1 – Do 20 Star Jumps and run to next station

Step 2 – Do 15 Burpees and run to the next station

Step 3 – Do 10 sit ups and run to next station

Step 4 – Do 5 Press Ups and run to finish.

### Example 3

#### Timed Circuit

Start ➤ Bottle flip ➤ 10 Sit ups ➤ 10 Burpees ➤ Jumper & shorts ➤ Finish

Step 1 – Bottle flip challenge, once this is complete, run to next station.

Step 2 – Complete 10 sit ups and hop on one foot to next station

Step 3 – Complete 10 burpees and run to next station

Step 4 – Put on a jumper & shorts over your clothes and run to the finish (**stop the clock!!**).

