

Relay Rallies Obstacle Challenge



Can you create a challenging obstacle course in your garden, or around your house?

Include different obstacles e.g. crawl under a chair, jump over a box etc.

Include different types of movement e.g. hopping, skipping moving backwards etc.

Can you add challenges? Throw a ball in the bucket!

Can you plan your obstacle course below by drawing it?

How fast can you complete the course? Can anyone in your house beat your time?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Fastest time:



We would love to see your finished sheet! Email a copy to info@koosakids.co.uk.