

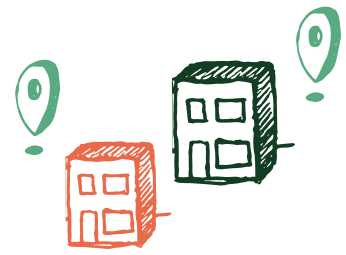


OBSTACLE COURSE

Can you be a mini warrior?



A-Z



HOW TO PLAY GO WARRIOR GO!

- > Create an obstacle course with objects like cushions, chairs and jumpers
- > Plan out the route and then see how fast you can complete the course
- > Can you beat your time?

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > Cushions, chairs and other objects



REMEMBER

Anyone can do this, the aim is to try and use as many objects as possible to make a fun and challenging course!



SAFETY...

As with any activity consider the space and be careful not to fall off chairs!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



CHALLENGE!

Why not ask an adult to build an obstacle course for you? This could be a good challenge!



JUMP@HOME



For more fun activities visit:
JUMPATHOME.ORG

