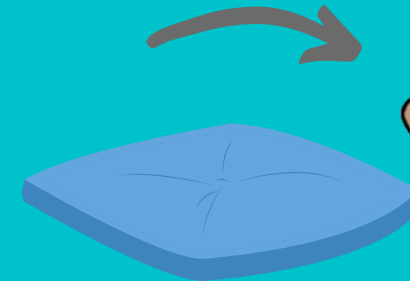
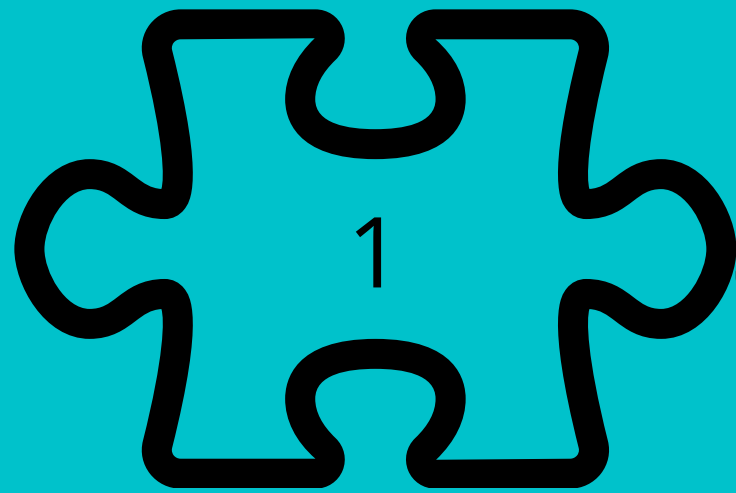


PHYSICAL

Obstacle Course



Get Set 4 P.E.



- Set up an obstacle course using household items.
- Climb over chairs, crawl under tables, jump over dressing gown ropes, hop from pillow to pillow, crawl through a cardboard box, throw a pile of socks into a laundry basket, etc.
- Time yourself and try to beat your time throughout the day.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe

www.getset4pe.co.uk

