

PE Activities

May 4 -8 & May 11-15

Coach Grigley

I believe in you! Get creative and create your own obstacle course at home outside.

Go outside and create an obstacle course. Here's a list of things you can use as obstacles for your course:

- *Rocks
- *Trees
- *Stairs
- *Bushes
- *Cars
- *Cones
- *Old tires
- *Pool noodles
- *Driveway
- *Sticks

Anything that's safe and will work...be creative!

With parents' permission get all items you can use to design your course.

Set up/design your course. Make changes you want for a fun and challenging adventure. Add items the second week.

You can always rearrange items.

On your mark, Get set, Go!

Complete your course without timing yourself the first time.

Complete the course a second time and time yourself. See how fast you can go.

Go a third time striving to improve your time.

Change your items around the second week.

Challenge your brother or sister or parents.

CHECK YOUR HEART RATE

and

Show Good Sportsmanship!

Helpful hints

Go through the obstacle course using different motor skills. You can:

*GALLOP *SKIP *MARCH *JOG *SPRINT *LUNGE

*HIGH KNEES *SLIDE *BEAR CRAWL *HOP *ZIG ZAG

BE SAFE! HAVE FUN!

WHEN YOU FINISH:

GO TO YOUR FAMILY and

TELL THEM SOMETHING GOOD!