

## Heathy Body Obstacle Course

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<b>Category</b>	Activities
<b>Advancement</b>	Healthy Body
<b>Time to allocate (mins)</b>	30
<b>Outcome</b>	
<b>Resources</b>	
<b>Instructions</b>	<p>Build an obstacle course that includes:</p> <ul style="list-style-type: none"><li>• Throw a ball to somebody else, and catch it again eight times out of ten.</li><li>• Dribble a soccer ball and shoot a goal</li><li>• hit a ball with a bat, three times out of six bowls.</li><li>• Climb a tree.</li><li>• Throw a cricket ball 27m or more.</li><li>• high jump 0.85 m</li><li>• do 40 situps/3 pull-ups/ 10 push-ups</li><li>• Hop around a figure of eight, each loop with a diameter of about 4 metres, changing feet at the start of the second loop</li><li>• Climb a rope to a height of three metres</li><li>• Do TWO of the following: headstand, handstand, cartwheel, star jumps, leap-frog over a Cub your own size</li></ul>

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Entry written by Sharon Venn of 1st Randburg