

① CHOOSE A LONG BIT OF PATH / CAR FREE ROAD + SPLIT INTO CONNECTED ZONES, 1 FOR EACH KID PLAYING - THE COURSE CAN BE STRAIGHT, WAVY OR EVEN A CIRCLE - BUT MUST LINK IN SEQUENCE + ZONES MUST BE AT LEAST 2M IN LENGTH

② GIVE EACH PLAYER A PACK OF CHALK + ASK THEM TO DEVISE A CHALLENGING OBSTACLE IN THEIR ZONE EACH SHOULD START AT THE SAME END OF THEIR ZONE + WORK THE SAME WAY TO MAINTAIN SOCIAL DISTANCING

③ IDEAS INCLUDE: STEPPING STONES HOPSCOTCH, INSTRUCTIONS FOR SILLY WALKS / DANCE MOVES, EXERCISE REPS (EG 5 STAR JUMPS) 'RIVERS' TO JUMP OVER, ZIG ZAGS, BALANCE LINES

COLOUR MARKERS
OBSTACLE

④ ONCE EVERYONE'S FINISHED, TAKE TURNS DOING THE FULL COURSE + TIME FASTEST - TRY TO SEE WHO CAN DO IT WALKING BACKWARDS FOR AN EXTRA CHALLENGE!