

P.E. Obstacle Course

Station 1: Crawl over Pillows or Couch Cushions.

Station 2: Make a ramp with Couch Cushions and crawl up and down the cushions.

Station 3: Crawl through a tunnel made of a box or blanket.

Station 4: Crawl under a string.

Station 5: Walk along a piece of tape or string on the floor.

Station 6: Throw a ball or beanbag into a box or laundry basket. 5 times.

Station 7: Put pieces of Newspaper or paper on the floor and pretend the floor is lava. Hop from piece to piece without touching the floor.

Station 8: Knock a paper cup pyramid over with a ball or beanbag.

Station 9: Balance on one foot for 10 seconds.

Station 10: Inflate a balloon. Without using your hands keep the balloon up in the air till you reach your target of a box or laundry basket and get it in.