Obstacle Course Guide

Each course consists of six specific tasks or challenges that they students are to work through. For the PE obstacle course, lay out the chosen equipment in sequence, as in the instructions below. For other courses, lay out each task card in sequence with space between them so that students move to one challenge, complete it and then move forward to the next, mimicking the style of a physical obstacle course. The only exception to this is the coding course, as students will need to remain seated with a computer.

The English, maths and science tasks all require students to complete an answer sheet. It is recommended that you print these together back-to-back and supply them to students at the commencement of the activity.
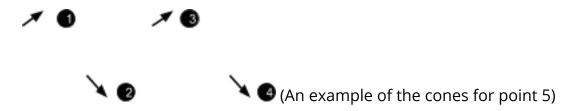
Physical activity course - instructions

This course allows some flexibility for you to make use of the resources and equipment you have available. There is no student task card for this activity.

Set up six different agility challenges in sequence for students to move through. Some examples of things you might select are listed below:

1. Lay six hoops one after the other and students jump through them, landing in the centre of each before jumping to the next.
2. Set up a series of mini-hurdles for students to jump over.
3. Lay out a balance beam (or draw a line with chalk) for students to walk across.
4. Lay out a skipping rope for students to do ten jumps with.
5. Lay out cones in an alternating zig-zag style pattern for students to run around (see picture below).
6. Lay out an agility ladder and have students take a step between each rung as while moving across it.
7. Crawl through a tunnel.
8. Throw five bean bags into a bucket/hoop.

(An example of the cones for point 5)

You may even have some of your own ideas!

Note: There are no student cards for this activity. They simply move through the course until they have completed it. Ensure student safety by having one student complete the course at a time.