

CREATE A HOME OBSTACLE COURSE!

For ages 3–6 (mum and dad can help you set up your obstacles)



Equipment needed: Cups/Pots, Chairs, Towels/Blankets, String/Rope/Belt, Tennis Ball

Speedy Feet Agility Test

Set up your cups, pots or cones in a zig-zag pattern. Run around each obstacle without letting your feet touch it. This will work on foot speed and changing direction quickly.



'Get a leg up' Chair Hurdle

Position dining or folding chairs facing each other and tie a string or rope between the two at a safe hurdle height. Step over your hurdle one leg at a time, then turn around and repeat. Make sure you change which leg is lifting first.



'On Target' Throwing Accuracy

Set up a bucket, box or basket a challenging distance away and throw your ball into it to score. For an extra challenge, set up multiple targets and have each worth different points. Aim to beat your 5 throw high score! **Have a friendly family competition!**



'Explore The Unknown' Tunnel Crawl

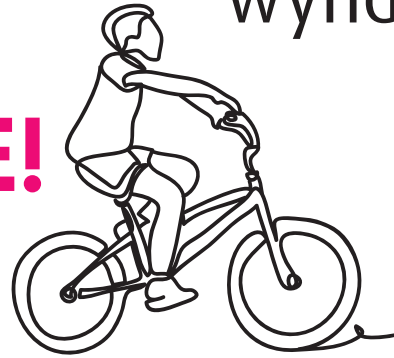
Create a tunnel using chairs in 2 rows covered with a blanket, or use large couch cushions propped up in a triangle shape. Crawl under and explore moving on your hands and feet! (this will develop a skill called 'Motor Control')

For big kids (parents) too, just don't get stuck in the tunnel!



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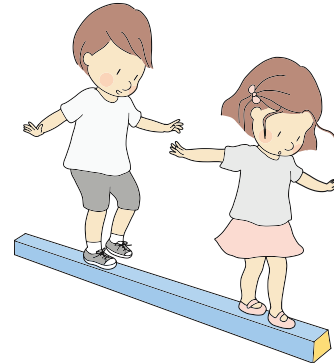
Frog In A Pond

Use a hula hoop, looped belt or string to create a round 'pond'. Spring like a frog to leap into and out of your pond!



'The Floor Is Lava' Balance Beam

Tightly roll several towels on the long side and place their end together to form a line. You can also use a pool noodle! Walk heel to toe across your beam, trying not to touch the floor until the end.



WYNDHAM EXPLORER

Fun for summer and beyond in Wyndham. If you like adventures and looking for clues, this scavenger hunt might just be for you.

See how many of the 11 maps and quizzes you can complete by foot, on scooter or bike. Free for all community to join and prizes to be won.

