

Jumping Hurdles

This activity will help your children to demonstrate that if we work hard and take our challenges one step at a time, we can overcome anything. Skills demonstrated here are problem-solving, coordination, team building (if working as a group) and patience. This game requires two or more participants.

Equipment Needed:

Hurdles, e.g. boxes and a brush	Outdoor space
	

Instructions:

1. Using the equipment (boxes, brush, toys etc.), set up the hurdles in your garden. Arrange the hurdles in different heights to suit the competitors!
2. Allow participants to take turns jumping the hurdles
3. Make the hurdles higher after each round. Discuss possible strategies for jumping the hurdles as they get higher
4. To make this more enjoyable, why not try to time the participants and have knock out rounds or points for each hurdle jumped!