



Personal Best Challenge



Animal Obstacle Course



How many animals can you take round the obstacle course?!

Set up an obstacle course your house or garden, you can use anything such as chairs, couches, toys, rocks, pillows etc, get creative!

Try to move around the course like the animals below.

Bear – Do a bear crawl around the course!

Frog – Do squat jumps around the course!

Rabbit – Do bunny hops around the course!

Snake – Slither and Slide around the course!

Use your imagination, get creative and see what other animals you can think of! Don't worry about a score this week, just think of as many as you can and have fun!

Tweet your efforts @knowsleyssp

Remember this is about achieving your own Personal Best