





OBSTACLE COURSE

HURLING / FOOTBALL / HANDBALL / ROUNDERS





Obstacle Course

Organisation

- Set up game as shown or using whatever equipment you have available to you
- Player must pass through a series of obstacles to get to the other side
- Vary the task to suit the group

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

EQU	IPMENT	LIST

Beanbags

	Bibs	
<u> </u>	Cones	
	Football	
	Goalposts	
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	Markers	
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Notes		