

INVISIBLE OBSTACLE COURSE



- Divide the group into smaller groups choosing 1 leader
- The leader creates an imaginary obstacle course, describing each obstacle as they help the group to navigate through them e.g. climbing a giant marshmallow mountain
- Each course must include crawling, jumping and running. with the leader helping their group to navigate over, under, through and around the invisible obstacles.

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- Have the children sit in a circle and choose one person to start the story. Each word of the story must start with the next letter of the alphabet.
- Starting with the letter A, each person takes their turn completing the next word in the sentence (e.g. Anne Brown Came Down Every Friday etc.)

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