A-Z School Games Challenge

L – Leadership
Challenge – Tackle the Obstacle

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @SGOCoventryWest

How to Play:
Tell players their task is to create an obstacle course to have a go at!
You can create it outside or inside using equipment that’s already there (like benches) or added by you. Players discuss how each of the obstacles could be navigated, trying to include lots of variety of movement. What will you be travelling over, under, through or with?
Be as imaginative as you like. Pieces of paper can become stepping stones over a crocodile-infested lake! A row of hoops on their side could be a spooky tunnel. All set? Then it’s time to have a go.
Safety: make sure obstacles are safe and sturdy and players aren’t using them in a dangerous way.

Equipment:
Benches, chairs, newspaper or markers as stepping stones, hoops as sinking mud, ropes, etc.

Sporting Connection:
This is great for developing the skills of negotiating obstacles and travelling from A to B. These are skill used in the sports of canoeing and sailing.

Did you know?
The two main obstacles in the Olympic and Paralympic sailing events, apart from the buoys that mark the course, are the wind and the waves. Overcoming these requires skill and nerve.
FUN FACT – Over 50,000 young leaders helped support the delivery of The School Games in 2018/19. The School Games provides opportunities for students to: officiate, coach & lead activity at intra and inter school level.

If you have enjoyed this challenge and would like to find out more about the opportunities to get involved in Sport Leadership through The School Games follow this link - https://www.yourschoolgames.com/taking-part/leadership-and-volunteering/

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