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## Hurdles

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**Overview:** This home version of hurdles is a great twist on a running race that can be non-competitive. Great for children of different ages or for playing solo.

**Time:** 10 minutes.

**Equipment required:** Open space, clock or watch, something to mark out the starting line.

### Benefits:

- A great way to improve coordination.
- Repeated attempts are a very fun way to build stamina.
- Improves speed and power.

### Preparing:

1. This is best played outside. If that's not possible, find an open and safe area.
2. Mark a starting line on the floor.
3. Position hurdles every two meters or as much as possible. We recommend having five in total.
4. No hurdles? No problem! Use objects that are shin height from the floor that won't damage - like cushions or pillows. Just remember that it's likely they're going to be knocked over!
5. Use a timer - each player has 60 seconds to rack up as many points as they can!

### Playing:

1. Once the time starts, each player runs and jumps over each hurdle, clearing it completely.
2. Each successful hurdle = one point.
3. Once the full length and all hurdles have been completed, run back - next to the hurdles - to the start position and repeat until the time runs out.
4. Record the points of each player - now everybody can try to beat their own score.
4. Feel free to reduce or increase distance between hurdles with each attempt - does it make it easier or harder?