

# Beat the PE Teacher 30 Second Challenge Obstacle Run



View the linked video content [here](#) to see the challenge.

## The Challenge:

Place the obstacles around a space and choose a starting place somewhere else. How many obstacles can you run around in 30 seconds?

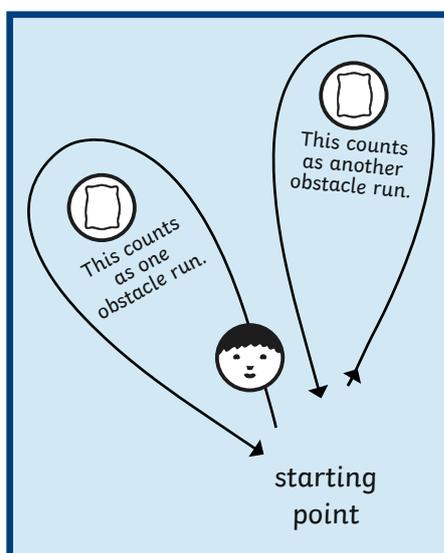
Count each time you run around one of your obstacles. Make sure you run right around each one!

## Equipment:

Up to 6 small, safe items to run around, e.g. cushion, soft toy, balled-up socks.

**Physical fact:** Running around obstacles can help develop your agility and balance. It is also a great cardio activity.

**Fun fact:** Ninja Warrior is a long-running series that started in Japan, where competitors try to complete a tough obstacle course.



Score

How did you get on with this activity?

**Silver challenge:**  
8 - 14 obstacles



**Gold challenge:**  
15 obstacles or more



**Bronze challenge:**  
1 - 7 obstacles

