

Altius (Higher) Game Station Rainbow Hurdles

Jump over the arc hurdles and roll the ball back to the next person in line!

Key Development

Rhythm, posture, balance

Preparation

- Lay out 4 arc hurdles from the lowest height to the highest height.
- Space hurdles approximately 1.5m apart (Adjust distance to suit students).

Procedure

- One person to jump over the arc hurdles at a time, holding a ball in his/her hands.
- After the last hurdle, turn around and roll the ball under the rainbow hurdles back to the next person.

Notes

- Focus on jumping over the hurdles.
- Jump quickly over hurdles.
- Ensure ball is rolled along the ground and not bounced or thrown across.