



Tree-mendous obstacle course

Woods are full of fantastic natural features for the ultimate obstacle course:



Crawl under low branches

Run all the way around a huge, ancient tree

Splash through muddy puddles

Tip toe across fallen trees

Zig zag through an avenue of trees

Leap across tree stumps

Woodland Olympics

Going for gold

Every Olympic champion needs a medal. Collect leaves, petals and feathers, then tie them together with wool or grass. Give the medals to the winners of your woodland Olympic challenges

Pine cone shot put

Gather some fallen pine cones and see who can toss them the farthest. (Make sure you throw them in a clearing well away from other people)



Twig relay race

Challenge your family to a relay race

Split into teams and find a sturdy stick to be your baton. Then choose an open space to run in, free from trip hazards like tree roots and brambles

On your marks, get set, go!



Organise your own woodland Olympics and get fit in a forest!

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!

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