



Super Hero Training

Equipment required

Cushions,
Chairs
Tables
Toys
Socks
Books
Stairs



INSTRUCTIONS

In and around either your house or garden, build yourself and obstacle course. This could include:

Crawling under chairs-
Balancing on cushions
Walking across a rope
Throwing cushions.
Jumping over books
Climbing Flights of stairs.

Take it in turns with members of your family to compete in your super hero training



Don't forget to take lots of photos or videos of you challenging your family members and send them to us on Braintree District Scouts Facebook or email heroes@braintreedistrictscouts.com