

# Personal Protective Equipment (PPE) Obstacle Course

Set up an obstacle course in the garden or around the house. At different points have a piece of PPE or an item which represents PPE. For example you can use woolly gloves, or a kitchen apron.

Encourage your child to move in different ways to get to each dress up point. For example they can Slither to the gloves and jump to the masks.

Make it a race! The person to reach the end of the course and be fully dressed in PPE is the winner!!!

Why not play against a timer to see if you both can win?

