

# Minefield



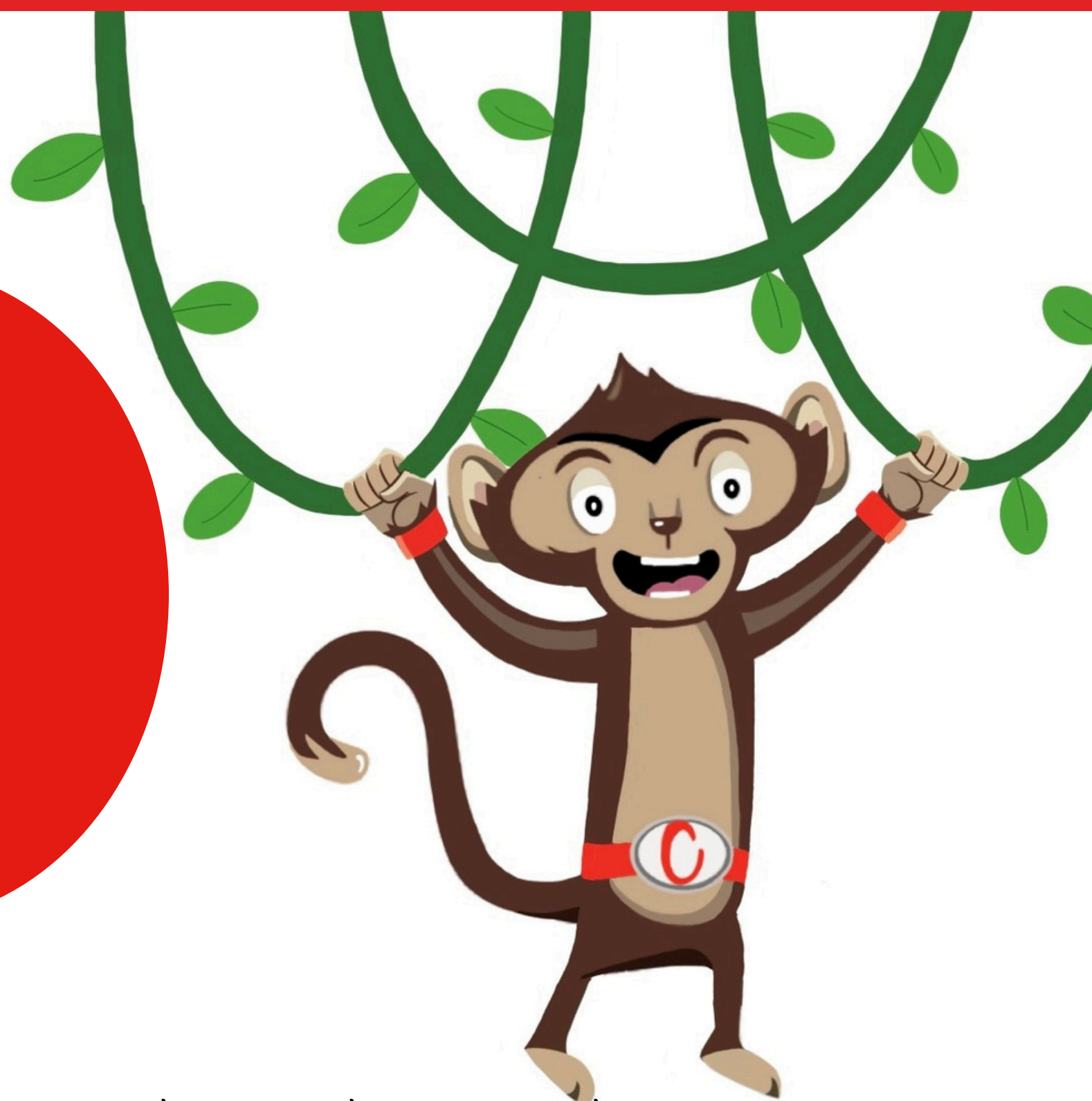
## Monkey Madness



5-10 minutes



Hall, cones, hula hoops  
and blindfold required



## Instructions

A large space is needed for this activity, such as a playground, grass area or hall. Where the teacher sets up an obstacle course with available resources. The class is split into pairs or teams, where one person is blindfolded and another pupil is having to tell the blindfolded person what to do, to get through the obstacle course

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity, especially if taking place in a playground
- Remind pupils of their own spatial awareness
- Give clear instructions

## Teacher Tips

Suitable for all ages

Refer to the Activity Sheet for some ideas!

Foundation: Basic obstacles of walking around cones and jumping over cones would be suitable. Chalk may also be used to get pupils walking in different directions rather than obstacles.

Key Stage 1: Can be a bit more difficult ie walking around hula hoops and passing their body through a hula hoop

Key Stage 2: Can be more complicated and fast paced, could incorporate star jumps and side steps

Chest  
Heart &  
Stroke

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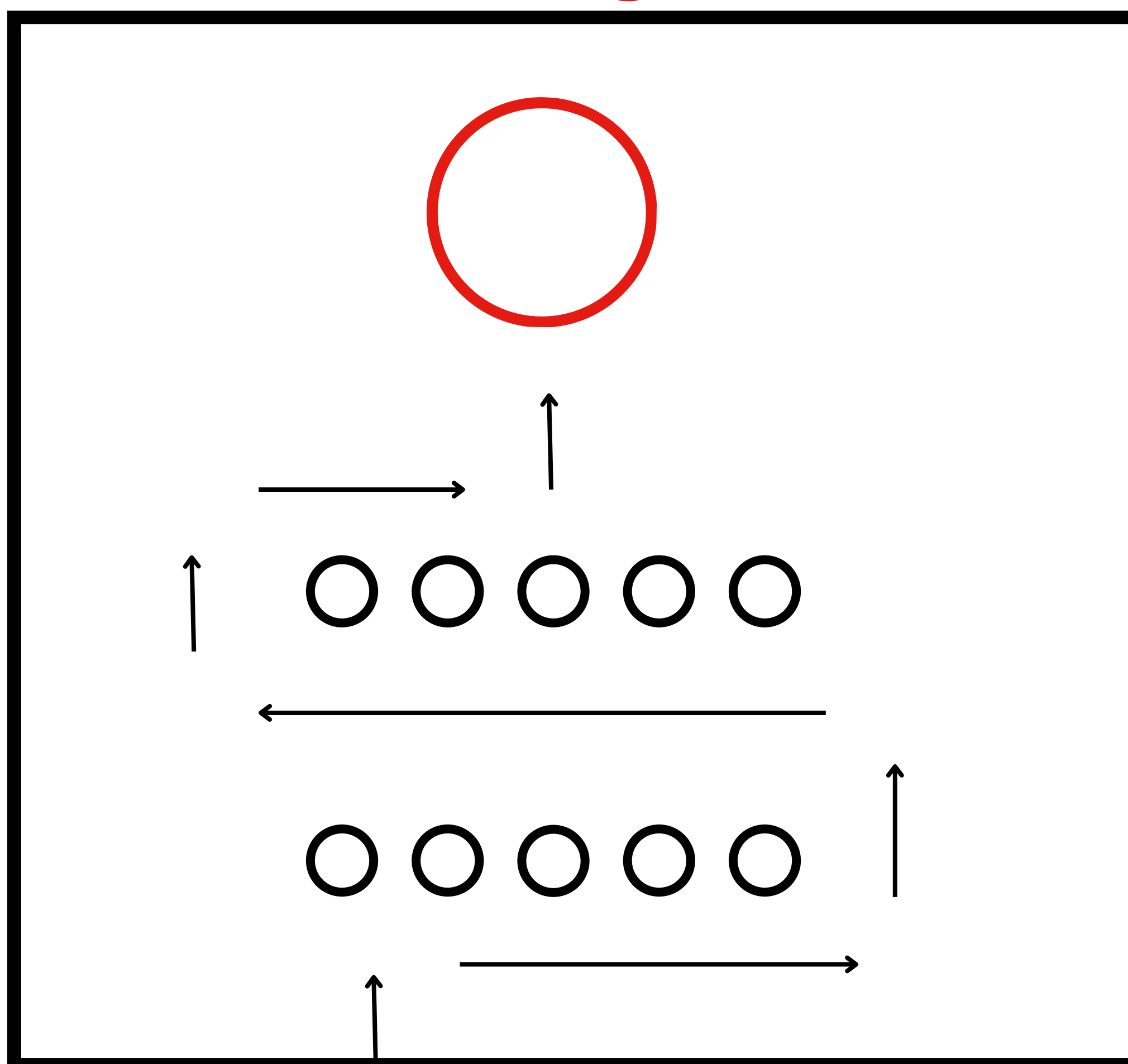
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## Foundation Example:

**○ = cones**

 = hula hoop



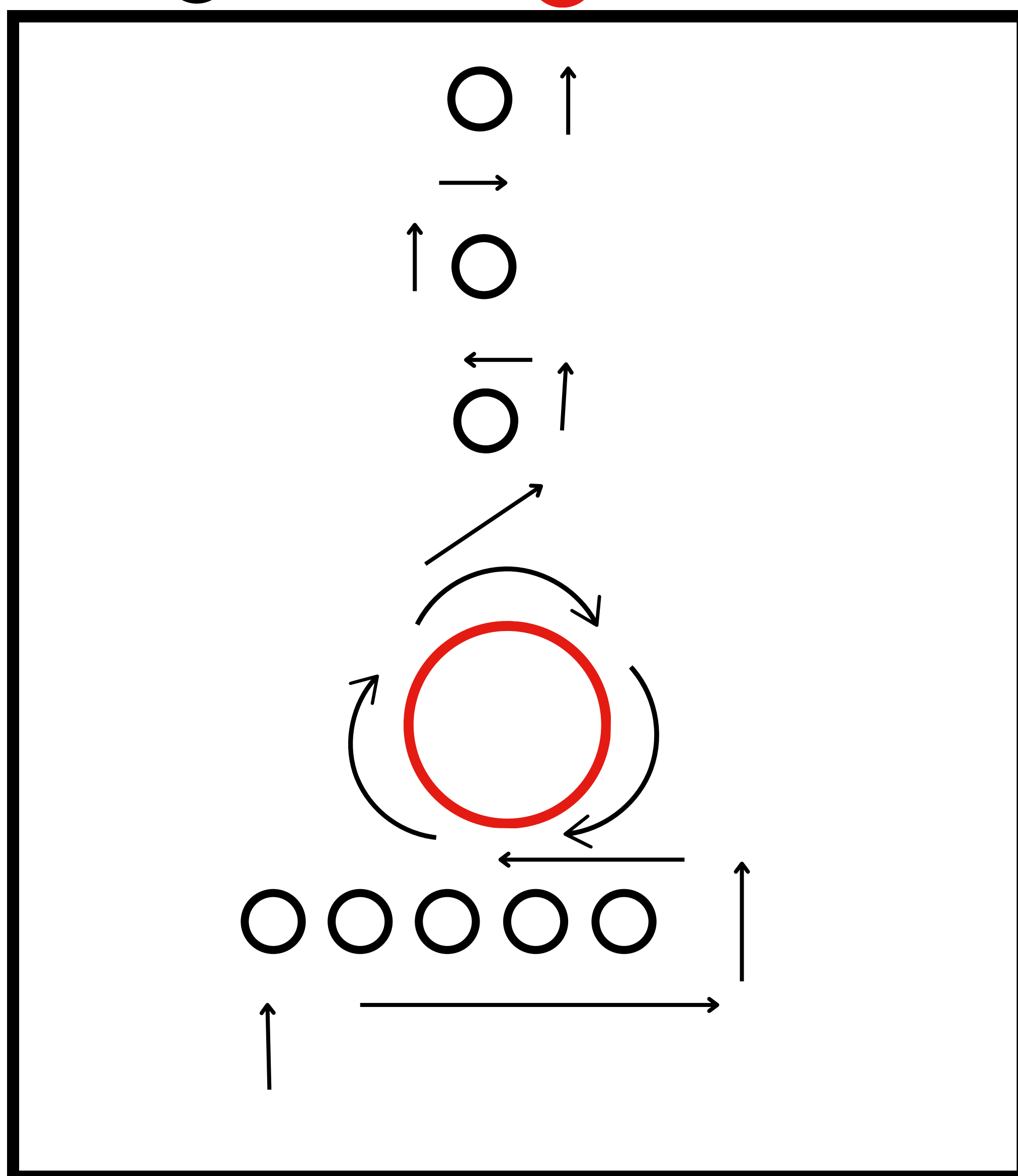
The blindfolded pupil would start at the bottom and is guided to turn and walk around the two lines of cones, and then to jump into the hula hoop, and then jump out and they have completed the obstacle course



Chest  
Heart &  
Stroke

## Key Stage 1 Example:

○ = cones      ○ = hula hoop



The blindfolded pupil would start at the bottom and is guided to turn right and walk around the line of cones, and then to walk around the hula hoop, then to walk around and between the next line of cones to complete the obstacle course.

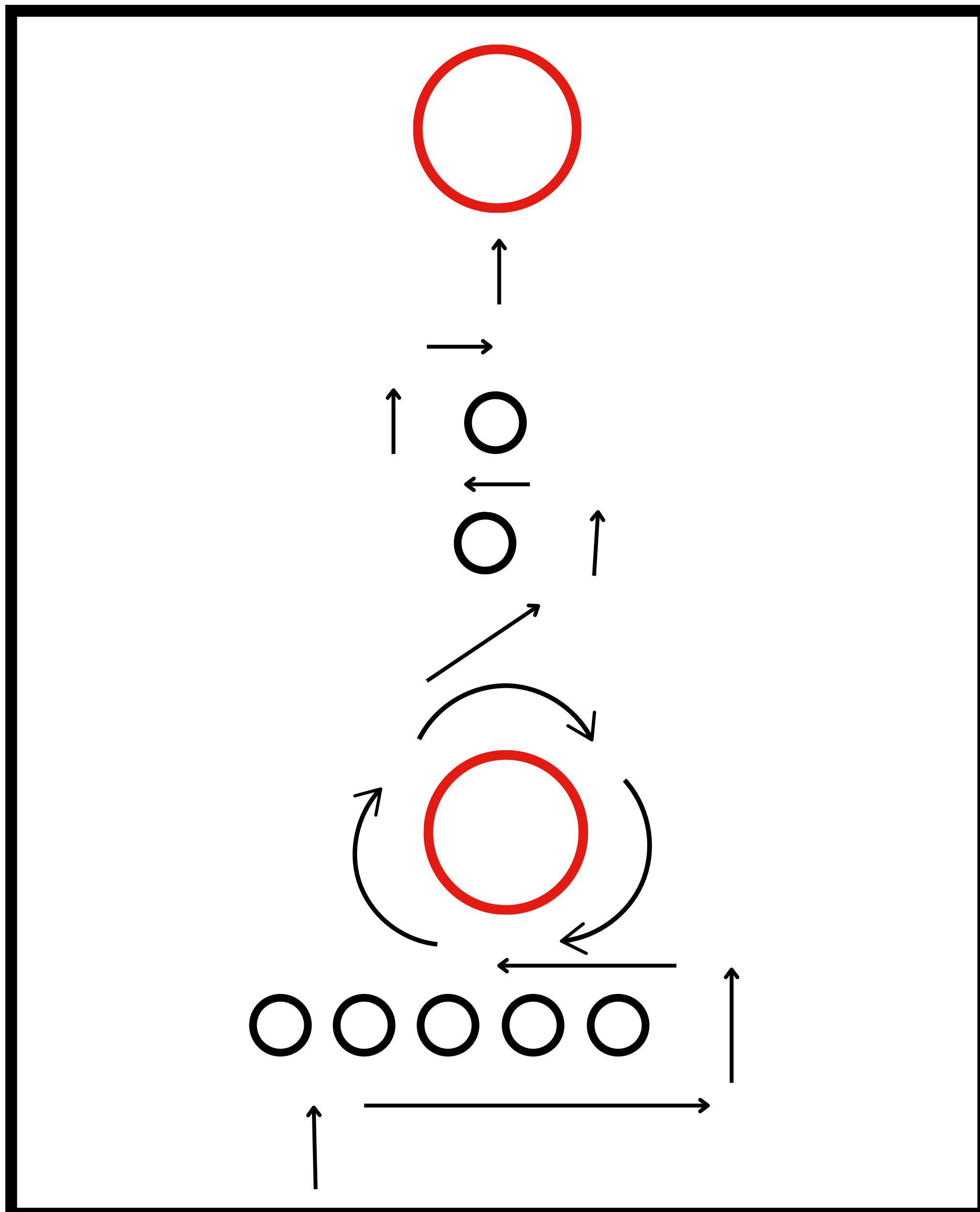


Chest  
Heart &  
Stroke



## Key Stage 2 Example:

○ = cones      ○ = hula hoop



The blindfolded pupil would start at the bottom and is guided to turn right and walk around the line of cones, and then to walk around the hula hoop, then to walk around and between the next line of cones to come to another hula hoop, where they have to pull the hula hoop over themselves to complete the obstacle course.