



Registered Charity Number 1110797  
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## Tough Mudder: The Course

(5 laps = 1 mile)

1. To begin, children run in and out of the tyres in the direction of the football goals.
2. Tarpaulin slide for the children to go down (*by the goals*)
3. Run down round the back of the copse.
4. Tree stalk stand / hop on (*Round the back / other side of the copse*)
5. Flip tyres over challenge (*also the other side of the Cops*)
6. Trim trail for the children to climb along - children may get wet at this point!
7. Come alongside the playground (down the field)
8. Netting /parachute for the children to crawl under.
9. Human wheelbarrow with a partner, back towards the tyres to jump through.



## Sponsorship Ideas

Complete five laps of the course to make a mile, and child can be sponsored for their mile – or – child can be sponsored per completed lap.