

With your T-Rex arms complete make an obstacle course or play some throwing and catching games



**Age 14 - 18**

**Age 5 - 7**

**Age 7 - 11**

## Activity details

**This activity counts towards...**



- T-Rex Challenge

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£                      Outdoors  
Day

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<input type="checkbox"/> 11 - 14	<input checked="" type="checkbox"/> 14 - 18
<input checked="" type="checkbox"/> 5 - 7	<input checked="" type="checkbox"/> 7 - 11
<input type="checkbox"/> 3 - 5	

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<input checked="" type="checkbox"/> Autumn	<input checked="" type="checkbox"/> Spring
<input checked="" type="checkbox"/> Summer	<input checked="" type="checkbox"/> Winter

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### **Skills:**

- Communication
- Gross Motor Skills
- Teamwork

### **Equipment:**