

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:**