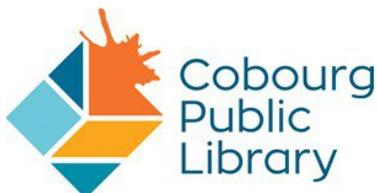
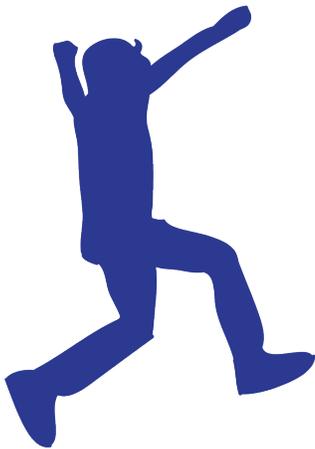




# Physical Literacy Activity

## Sidewalk Obstacle Course

Let's get active! Using chalk, create a sidewalk obstacle course in front of your home. Challenge your family to hop, skip, spin, jump, and run their way to being active. Please remember to post or tag the Cobourg Public Library in a photo or video of your completed obstacle course.



**Cobourg Public Library**

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