

JEDI TRAINING

Luke and Rey went through extensive training to become Jedi.

Set up your own Jedi training obstacle course. Use hoola hoops, boxes, jump ropes, balls, and other objects to create a course. Be sure to include jumping, climbing, running, and other skills such as, in, through, around, over. When conquering the course, be sure to train in different patterns: go in zig-zag, try doing things backwards, use a blindfold, etc.



Photo from catchmyparty.com



Icon from icons8.com



STAR WARS

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