



## DL Kids Active – Laser Evasion

Hello special agents, I have a special mission for you today. Please read the instructions below and practice avoiding the lasers. You never know when you might be called on a special mission and we must make sure you are up to the job! Stay safe special agent.

**What you will need:** string/toilet paper/tape/wrapping paper/- anything you can use to create the mission below.

### Special Agent Warm Up

Commando Crawl – crawl on the floor, like a soldier – Repeat 3 times for 30 seconds.

Running – run on the spot as fast as you can – Repeat 3 times for 30 seconds.

Side step dodge – complete side steps dodging household items. Repeat 3 x 30 seconds.

### Avoid the Laser Beams

- Between two positions in your location (could be your hallway, between 2 walls, chairs or outside space) arrange streamers or string, to create a laser maze/tunnel as per the picture below.
- Agents must try and get from the start to finish without touching any of the laser beams. If they do touch the laser beam they must start again.
- Once everyone has had a go at completing the laser course, try timing the mission and agents need to try and beat their time.



## Laser Assault Course

Now that you have mastered the laser challenge you are ready for the assault course. Set up an assault course using items you have at home for the special agents to complete. Practice and then time each special agent, can they beat their time, can they complete the course dressed as special agents?



Example assault course