

## **CREATE A MOGUL COURSE**



Moguls are little mounds of snow. In the Freestyle Mogul event,
Olympic athletes ski on a course full of moguls. They ski extremely
fast and have to move over and around the moguls to complete
the course. The quickest timed ski wins!

Have a go at creating a course of moguls. Jump over and around them to complete the course. Don't step on the mogul!

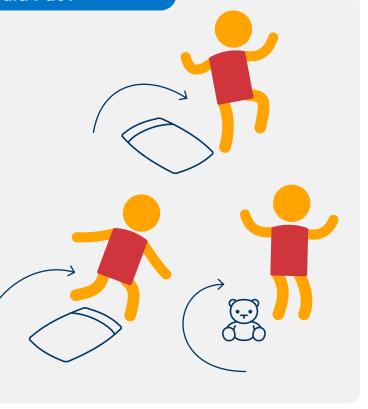
## What do I need?

 10 Cushions or other household objects you can jump over How long will it take?
15 minutes



## What should I do?

- 1. Collect your 'moguls' from around the house. These could be cushions, pillows, folded sweaters anything soft that won't hurt if you land on it. Don't forget to check with your adult first.
- **2.** Place your moguls on the floor in a room to create an obstacle course.
- 3. Can you get from one side of the course to the other by jumping over the moguls?
- **4.** If you touch one you need to go back to the beginning and start again.
- **5.** Try different routes across the moguls!
- **6.** Time yourself getting across your obstacle course, can you beat your time?



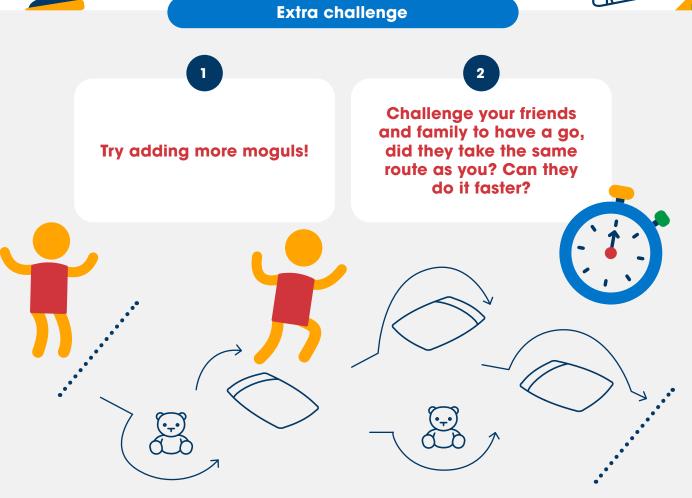












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