Congratulations you have arrived at the impenetrable Forest in Uganda! You have been split into teams; the Red Team, Green Team, Blue Team and Yellow Team.

Your job is to find as many different paths through the forest as you can. However be aware - you can only travel to cones of your colour! Be careful of others who may also be exploring forest!

- To find your own path keeping away from people on your team and other pathfinders.
- To copy animal movements as you travel around your paths.
- To move at different speeds.
- To move at different levels.
- To remember a sequence of movements.
  - Level 1 = walk cone to cone
  - Level 2 = walk to cone, jog to next and repeat
  - Level 3 = walk to cone, jog to next cone, side step to third cone (and repeat)
  - Level 4 = walk, jog, side step, skip (and repeat)
  - Level 5 = walk, jog, side step, skip and hop (and then repeat!)
  - Level 6 = walk, jog, side step, skip, hop and bound (and repeat)
- To complete jumps over fallen trees (the cones).
  - Two footed jump and two footed landing then jog to next fallen tree on your path.
  - One foot jump and two footed landing.
  - Hop from one foot and land on same foot.
  - Jump from one foot and land on other foot.
  - Jump sideways over the fallen tree (cone).
  - Spin Jump.
  - Split Jump.
- You may even be asked to jump forwards and then backwards using the jumps above.
- You may also be asked to remember and jump in sequences - try your best to remember!

To complete a team relay so that you can be the first team to meet the King of the impenetrable forest; the Mountain Gorilla!

- You must take it in turns running out only one person at a time.
- When you run out you must collect 1 cone and return to to your camp, the next person in your team then takes their turn. You must go to stand at the back of the line.
- The first team to collect all of their cones and return them to camp can send one person to run and return the gorilla to your camp!