Cut the sheetmetal (blue) to the shape indicated. Cut the base of the sled from 3/4" pine (light weight) stock. To make the top of the sled, curve the sheet metal (as shown) and attach to the base with small spiral nails (the kind used to hold down carpet strips). If you assemble it correctly it will resemble a woman's shoe.

Cover the bottom of the sled with a sheet of Teflon paper used to line cookie trays, or optionally use felt.

So that the motion sensor picks up the sled well, it is advised to add a 2.5" square piece of stiff cardboard or 1/4" thick plywood to the front of the sled.