Obstacle Course

Use your imaginative to set up an obstacle course that will challenge everyone's agility, balance and coordination skills. Create an indoor and/or outdoor course. Think of different ways to make the course fun for everyone.

Time to complete: Depends on the set up and the challenges you create.

Age Group: Make it age appropriate

Activity instructions and/or material supplies:

Here's a few suggestions:

Crawl under a table…

Climb over chairs…

Jump over something…

Wiggle through a cardboard box…

Hop, skip or jump…

Throw something into a laundry basket…

Who can do it the fastest?

Who can add something new to the course?

Compete individually or as a team.

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