Outdoor Obstacle Course.

The following are examples of how you, your siblings and parents can set up an obstacle course in your backyard. Use your imagination!

Count down, 5, 4, 3, 2, 1 **Goooo.**

**Run** down to the wheelbarrow and **drive** the wheelbarrow (which is great for stability & balance) until you got to the jump rope.

String the jump rope up across from the two objects (boxes, trampolines, whatever) so it was almost knee height off the ground. **Jump** over it & onto the next task, the bouncing ball!

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**Bounce** down the hill on the bouncing ball until you get to the traffic cones, then **jog** along, **weaving** in and out, around the traffic cones.
Next to the balance beam and walk the plank and jump off the end.

The next obstacle is to jump in between a line of sticks, without touching any.
Crawl through a tunnel, (an outdoor table with a black sheet over it.)
At the end grab a basket and collect five balls that were scrambled through the grass.
Toss them into the basket and then run with his basket to the finish line.