

## **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 **Go**ooo.*

***Run** down to the wheelbarrow and **drive** the wheelbarrow (which is great for stability & balance) until you get 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!*



***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.



