



Saint Paul
PUBLIC SCHOOLS



Weekly Wellness Tip

Benjamin E. Mays Families & Staff Resources and Ideas

Use Your Imagination to Create a Backyard Obstacle Course



With playgrounds closed and gyms not accessible, it's time to get creative and find ways to channel your energy. Consider a DIY obstacle course. You can create your course indoors or outside. Obstacle courses can be a little rough-and-tumble so be sure to have parent supervision when running!

- You can use a number of household objects and toys to structure your course:

- Do a Hula-Hoop Hop, jumping from one hoop to the next.
- Use a broom or shovel set between 2 chairs for crawling under or over.
- A 2x4 or rope can make a good balance beam.
- Use furniture (indoor or outdoor) to crawl under.
- Pool noodles are especially handy. Stick a pen in the ground and insert it into the hole on the bottom of the noodle. Create a noodle tunnel to crawl through.
- A tire or rope swing or swing set offer multiple use options.

- Large cardboard boxes are awesome. Use them to climb in and out of or create a tunnel to crawl through. Toy indoor pop-up tunnels can be used too.
- An [agility ladder](#) is a great obstacle. If you don't have one, lay a real ladder (be careful) on the ground or draw an agility ladder on the sidewalk with sidewalk chalk.
- Designate a section as an animal walk, where people have to either bear crawl, crab walk or duck walk.
- Use a boulder, tree stump, or a sturdy stool or outside furniture to jump on or off of.
- Use a kiddie pool or laundry baskets to run circles around.

Start by creating a map, then place the various obstacle elements with how you plan to move through the space.

- Make it a family challenge and time yourselves to see who's fastest.

Sources:

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