



## MAKE YOUR OWN OBSTACLE COURSE

Do you feel the need for speed? Do you want to juke and jive? Are you an aspiring ninja warrior? Then we challenge you to create your own obstacle course!

### Materials:

- Literally anything you have on hand.
  - Ideas for Inside:
    - Stuffed animals, towels, couch cushions, masking or washi tape, boxes, empty containers, large wooden/plastic spoons, yarn, string (you can cut up an old t-shirt into strips if you don't have yarn!)
  - Ideas for Outside:
    - Chalk, bamboo, hula hoops, using trees in yard, balls, yarn, string

### Instructions:

Creating your own obstacle course is a fantastic exercise for your body and mind. You'll have to problem solve to get your course set up and use your imagination as to what kinds of obstacles you'll face. Will they all be real? Or might some be imaginary like a lava pit? Your first course may start simple, but you may wish to up the ante. There are problems to solve and engineering feats to overcome the more complex your course. Take a piece of paper and plan out the course before you begin assembling. What space will you use? Is this an inside or outside course? Get creative!

Do time trials! How fast can you complete the course? How many times can you complete the circuit? Discuss your course after you are done. What will you do to make it even more fun and challenging next time?

### Ideas for Obstacle Courses:

1. Balance
  - Use masking tape, boards, etc. to mark a straight line on the ground.
  - *Level up:*
    - Carry an egg on a spoon
    - Put a toy, a towel, or even a book on your head
2. Jump
  - Jump from cushion to cushion





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- Make a hopscotch board with chalk or tape
  - Jump over sticks in the yard
  - Incorporate a sandbox into a long-jump
  - *Level up:*
    - Write ever increasing numbers that represent additional activities like jumping jacks
    - The floor is lava! Start again if you touch the ground
    - One word: burpees
3. Lift
- Pump that iron! Or in this case maybe a can of corn! Use a variety of sizes that need to be moved from one location to another.
  - Have baskets where something has to be sorted quickly. Think a jumble of toys and socks that each have to go into their own basket.
  - *Level up:*
    - Carry a jug of water to a second location
4. Move differently
- Try a bear walk, a crab walk, hop on one foot, or slide on your stomach. Roll like a log, spin in circles, or do somersaults.
  - *Level up:*
    - These are all tough – you try any of these and you’ve got our respect!
5. Evade
- Tie string (aka laser beams) between trees that you have to get through without touching
  - Do you have a water gun? A Water hose or sprinkler? Try not to get sprayed.
  - *Level up:*
    - Again, these are all pretty tough! To level up try to get through the laser beams while simultaneously not getting hit by the water hose!

### Booklist:

Get inspired by reading these books and more: [tinyurl.com/APLObstacle](https://tinyurl.com/APLObstacle)

