

CAMPS AT HOME

Obstacle Course

Materials:

- Timer
- Materials you can find at home such as pool noodles, hula hoops, bean bags, skipping rope

Steps:

1. First you need to find a wide open, safe space to set up your obstacle course. It should be fairly flat ground and free from items you could trip over.
2. Next, make a plan of what types of activities you want involved in the course and do an inventory of the materials you have available. Examples include: water, running, fitness moves or specific pieces of equipment such as a hula hoop. The goal of the obstacle course is to have fun and move your body! If you have a partner at home, you can race to beat each other's time.
3. Your obstacle course will be unique but here are some ideas:
 - a. Mark your start and finish lines with chalk or a skipping rope.
 - b. Hop on one foot to a hula hoop placed 2 meters away
 - c. Pick up the hula hoop and do 5 hulas and then place the hula hoop on the ground after.
 - d. Crab walk to a pool noodle 2 meters away
 - e. Place pool noodle between your legs and run to a spot marked on the ground
 - f. Show off with 3 different dance moves - bring out your best floss
 - g. Side shuffle to 3 bean bags one meter away.
 - h. Toss the bean bags until one lands in a bucket placed 50 cm away
 - i. Now sprint to the finish line!

