

Family Obstacle Course Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Search around the house and garage for items that can be used</p>	<ul style="list-style-type: none"> - Hula hoops x8 - Skipping rope x2 - Pylons x10-16 - Hockey sticks - Bike helmets - Pool noodles - Sports equipment - Chalk - Skipping rope
<p>Example of an obstacle course:</p> <ul style="list-style-type: none"> - Can do teams of two or one big family game against a timer - The first person in line will run to the hula hoops and must step in each hoop before moving on - Then, they have to walk across the skipping rope like it is a tightrope - Then, they will have to run in between each of the pylons - When they get to the end, they have to crab walk back to their team and high five the next person in line. - The first team to have everyone do the obstacle course and be sitting in a straight line will win <p>Switch up the teams or obstacles and do the obstacle course again.</p>	