

Family Obstacle Course Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Set Up: in two teams or individually each have all of the below equipment in front of them</p> <ul style="list-style-type: none"> - 4 hula hoops set up in a square - Skipping rope laid out in a straight line - Pylons set up in a straight line with space between them 	<ul style="list-style-type: none"> - Hula hoops or something round - Skipping rope x2 - Pylons or markers of some sort x10-16
<p>Doing the obstacle course:</p> <ul style="list-style-type: none"> - The first person in line will run to the hula hoops and must strike a pose in each hula hoop before moving on - Then, they have to walk the tightrope (across the skipping rope) - Then, they will have to run in between each of the pylons - When they get to the end, they have to catwalk (fashion show style) 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 and do the obstacle course again.</p>	