

Superhero Training Camp Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Set Up: two teams 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 x8- Skipping rope x2- Pylons x10-16
<p>Doing the obstacle course:</p> <ul style="list-style-type: none">- In two teams; individuals will go one at a time- 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	