



Backyard Obstacle Course!

Set up a family obstacle course in your own backyard! Be creative, using items found around your house. Time yourselves to see who the family backyard obstacle course champion is or compete against yourself to beat your best time. Take turns designing the course or adding new elements!

Materials Needed

- Items you can find around the house or yard: sports balls, cones, bikes, scooters, frisbees, hula hoops, plastic cups, balloons, wading pool, wagon, coins, rocks, sticks, toys, etc. *(no trampoline required!)*
- Optional: a way to keep time like a stop watch, kitchen timer, or phone timer

Course Ideas

- Run to a tree and back
- Dribble a soccer ball through cones (or branches, rocks, etc.)
- Throw a football up in the air and catch it
- Hula hoop 5 times
- Drink a cup of water
- Pick up 5 coins or rocks out of a water-filled wading pool (or other container that can hold water, like a wagon)
- Sing the abc's while standing on one foot
- Do 5 sit-ups
- Carry a watermelon for 5 feet (or anything a bit heavy)
- Pop a balloon
- Climb a tree
- Ride a bike or scooter in a circle
- Eat a cracker and then try to whistle
- Put a set of bigger clothes over the top of yours and run to the next element before taking them off again

Most importantly, have fun and get your body moving!

