

## Make Your Own Obstacle Course!

Obstacles courses are a great way to move the body, learn sequencing and problem solving, and practice balance and coordination skills.

Tip: Once you set this up, try it frontwards, backwards, and with eyes open and closed! Use a timer and try to “beat the time” with every round.

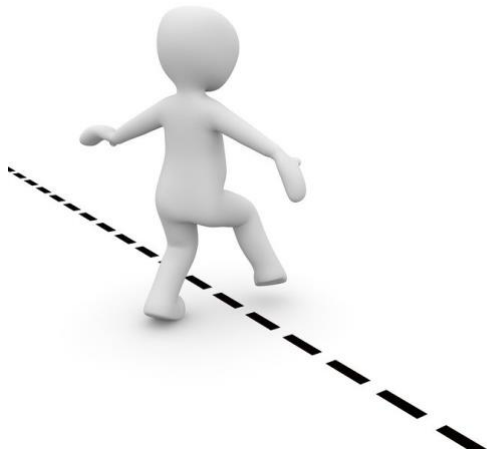
**Outdoor Obstacle Course:** <https://www.youtube.com/watch?v=KPKuOUWhXJw>

- Collect any household or outdoor items you have on hand. Some ideas include:
  - Logs or branches
  - Stones
  - Car tires
  - Rope, cones, hoola hoops, pool noodles, etc.
- Set them up in a way that allows for movements such as jumping over, walking/running around, balancing on, and crawling through.
- If you are using an area with asphalt, you can use sidewalk chalk to add obstacles or details (e.g. arrows, foot or handprints, lines to jump over or walk on, hopscotch patterns, etc.)



**Indoor Obstacle Course:**

- Use pillows, a tunnel if you have one on hand. Books to be stepped on and around. A hoola hoop, a stool or small chair.
- You can also tape a line to the floor to walk on or jump over.
- Throw a small ball, or even rolled up socks, at a target (ex: laundry basket, bucket)
- Check out this video for an example: [https://www.youtube.com/watch?v=ICYBkNht\\_j8](https://www.youtube.com/watch?v=ICYBkNht_j8)



[Source](#)