

DESIGN YOUR OWN OBSTACLE COURSE



Obstacle courses are a fun way to use

your imagination while getting some

fun physical activity.



Today you can choose to create your

very own obstacle course. The best part

is, you can design it any way that YOU

want!



Ask an adult before using any household items for your course but use your imagination to make it as fun and as challenging as you can!



You can do an obstacle course indoors (like in a hallway) or outside. Whatever you decide, be safe and wear the proper clothing.



You can also draw a map of your obstacle course and when you've finished you can time yourself to see how quickly you can get through. After that you might like to challenge someone else in your home to try it out!



HAVE FUN!!!