

## Outstanding Obstacle Course

An obstacle course is a series of objects that people or animals in a race have to jump or climb over, go around, go under or get past in some way. Obstacle courses are not only a fun way to spend your time; they can also be a great way to get active! They encourage thinking and problem solving, and often require lots of physical movement. You can use an obstacle course to test a person's skills and speed or complete them just for fun!

Why not make it more exciting by assembling your own obstacle course? Challenge yourself to use your imagination with objects and furniture you have lying around to create your own trials. Here are some obstacle course ideas to get you started!

### Hints and tips for what to add to your obstacle course

#### Tunnels

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Crawling through tunnels makes a perfect obstacle. A large cardboard box or a blanket draped over two lines of chairs can make a great tunnel.

#### Laser Maze

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Randomly criss-cross crepe paper, yarn, or even toilet paper through a hallway to create your own laser maze. Try to pass through the maze without touching the lasers!

#### Ball Games

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Add some hand-eye coordination skills into your obstacle course by adding a ball game challenge. Why not bounce a ball on a racket 10 times, dribble a ball across part of the course, kick a ball into a target or any other challenge you can think of?



#### The Floor is Lava

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Line up furniture, cushions and other items and hop from one to the next, avoiding the "lava"!

#### Rope Ideas

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Lay a rope in a curved snake shape and try to walk it as a tightrope without falling off, or create a rope ladder and run through it, lifting your knees up, without hitting the rungs. You could also hop through each space on one foot!



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### Balance Beam

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Support a plank of wood on raised solid surfaces (like blocks) and walk the beam! Alternatively, rest one end of the plank up on a higher surface and one end on the ground, and walk up frontwards and down backwards, or balance a beanbag on your head while walking up and down!

### Water

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- › Use a water pistol to knock over some objects
- › Compete in pairs in a water relay. Move all water from one bucket to the next using a bottle with holes in it or a sponge!

### Other Ideas

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- › Balance an egg or potato on a spoon and weave your way through cones or obstacles
- › Complete 10 jumping jacks, push ups or sit ups on the spot.
- › Perform 6 tumbles, cartwheels or squats or any combination of them.

### Add Some Rules

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Obstacle courses can have mental challenges as well as physical ones! Try to come up with some rules, such as hopping on one foot between each obstacle, clapping your hands every second step, or singing a song throughout the challenges!

### Get the Timers Ticking

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Why not challenge yourself to beat your personal best? Time your first round of the obstacle course and then try to finish the course faster than before!



Check out  
[layasupertroopers.ie](http://layasupertroopers.ie)  
for more fun tips  
and activities!