

Obstacle Mania

Youth will explore their surrounding environment and find materials to repurpose, reuse, or recycle into a playspace.

Age Appropriateness:

5-8, 9-12

Key Topics:

3 Rs : Reduce, Reuse, Recycle

Construction / Building

Skills:

Imagination

Critical Thinking,

Artistic Expression

Materials:

Ordinary items found in your surroundings

Action Time:

1-2 hours

OBJECTIVES

- To introduce how ordinary items can be reused and recycled creatively into active playspaces.
- To encourage youth to use their imagination and immediate surroundings to find opportunities to exercise their minds and bodies.



Preparation

Review the three Rs with the youth. Introduce the idea of an obstacle course and how it incorporates active minds, active bodies, and active together? What are the different challenges in an obstacle course that you must complete? Have youth come up with some examples of ordinary objects around their homes and neighborhoods that can be reused or recycled into obstacle course challenges.

Action

- Have the kids work as a team to find ordinary objects and build an obstacle course. In the table below are some examples.

Balance Lay down a piece of wood (4x4) for a balance beam Walk the "tightrope" using a jump rope or garden hose Sack hop	Crawl Crawl under a table or bench Lay a broomstick across two chairs and crawl under Crawl through a large box (top and bottom removed) "Army crawl" across a blanket or sheet
Jump Hop across a hopscotch board drawn with chalk Make a line of hula hoops and jump from hoop to hoop Line up string across paint cans for small hurdles to jump over	Reach & Toss Throw beanbags into a laundry basket or bucket Toss paper plate rings (cut out the center) onto a water bottle for a homemade ring toss Shoot a basketball
Walk & Weave Set-up plastic cones for a classic weaving drill Walk backwards ten steps Zig-zag through a slalom course of hats, shoes, or whatever else you can find Walk heel-to-toe in a straight line Newspaper walk Crabwalk Lay a ladder on the ground and run, stepping in each rung space Tie rope diagonally between two trees or posts and make the kids crawl through it	

- Have the kids complete the course for time, in teams, in pairs, etc.

Reflection

Have the kids reflect on how, using the power of imagination, we can find new uses for ordinary objects and create great places to play anywhere! Talk about other ways the kids can use their imagination and incorporate more active play time into their daily lives.