

play  
day

GAME

# OBSTACLE COURSE



## INSTRUCTIONS:

**Number of Participants:**  
Unlimited!

**Materials:**  
Cones, lawn chairs, cardboard boxes, bean bags, jump rope, other found objects, stopwatch

**Description:**  
An obstacle course can work in play spaces of all shapes and with groups of all sizes. This is a great activity to do in teams, where each person can do a different obstacle. You can make this a family game and challenge parents to join.

**Steps:**  
Use cones, lawn chairs, cardboard boxes or other items to set up an obstacle course in your park. A stopwatch can be used to see which racer makes it through in the best time.

Be creative with the types of obstacles you set up. Think of all the adventures you can encourage kids to do—climb, jump, crawl, wiggle, throw. Here are some ideas of easy-to-make obstacle stations.

- Ladder Run: Lay the jump rope in a zigzag pattern on the floor. Have the children run through the jump rope without actually touching it.
- Army Crawl: Set up the lawn chairs and let the kids slither underneath them.
- Target Practice: Use cardboard boxes of varying sizes and ask racers to toss bean bags in each before going on to the next obstacle.
- Scarf Walk: Give the kids three scarves. They must be standing on one for every step they take.
- Tricycle Slalom: Take the cones and put them down in a pattern that weaves. Then, with tricycles, see who can go through fastest without missing a cone.

This playful game idea was suggested by hosts from Oldsmar, Fla. Last year at the Oldsmar Play Day, the kids loved all the activities including the Obstacle Course.



Play  
matters

Nearly 1/4 of respondents say that there are no outdoor play spaces within a five-minute walk from their homes. A Play Day helps bring attention to real obstacles like this.

Take  
action

Create obstacles that are age appropriate, but offer kids the opportunity to maneuver and find their own way.