**OBSTACLE COURSES**

With a little creativity, mini obstacle courses can be created. Obstacle courses can be run as races or just for fun. You can also design courses that can be completed on a scooter. The more equipment and “obstacles” in a course, the better!

**Below are a few examples of mini obstacles courses:**

x x x x 

X Students

Cone

Hula Hoop in

stand

Box

Direction of

travel

Basketball

**Description: Sprint, step through hula hoops, jump on and off box, pick up basketball, dribble back to line.**

X Students

Cone

Hula Hoop

Bean Bag Pile

Jump Rope or

string

Direction of

travel

Toss

x x x x 

**Description: Jump over the jump ropes, weave in and out of the cones, toss bean bag into the hula hoop, return to line.**