



Obstacle Course

Objectives

- ▶ Encourage families to be physically active in a fun way.
- ▶ Increase heart rate and burn calories.

Space requirements

Large open space for participants to complete the various stations. Hallways, gym, or large open rooms or other smaller rooms could be used as well.

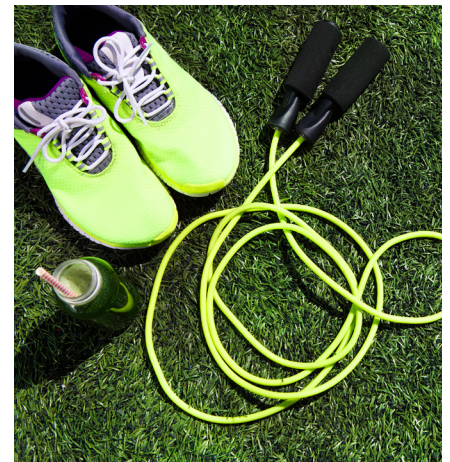
Materials needed

(may be found in 4-H Family Fun Night Kit)

- ▶ Tennis balls
- ▶ Jump ropes
- ▶ Hula hoops
- ▶ Yoga blocks
- ▶ Index cards
- ▶ Cones/markers
- ▶ Small prize

Before the activity

1. Prepare 10 stations that can be used as an obstacle course. Following are ideas:
 - 10 jumping jacks
 - 10 arm circles
 - Ball toss
 - 20 jump rope jumps
 - Jog in spot for 2 minutes
 - Touch your toes
 - Hula hoop for 1 minute
 - 5 push-ups
 - Butterfly stretches with yoga blocks for one minute
 - High knees in place for 1 minute
2. Prepare an index card for each station with directions on what to do at that station. Each station should be numbered so that families can identify them easily.
3. Create station cards for each family team. Each family will get a card with station numbers on it so they know in what order they should complete the obstacle course. The stations should be in different orders on the family cards so families are not at the same station at the same time.



Instructions for kids/families

1. Tell participants:

Physical activity doesn't have to be boring. This activity is fun and gets you working together to finish an obstacle course. You have 10 stations to complete, and each station is marked with a cone. Each member of your team must do the activity. Once everyone is done, your team can move to the next station.

Families may need to wait at a station if there is a family already at that station. Encouraging other teams while your team is waiting teaches great sportsmanship.

2. Release teams at the same time by saying, "Ready, set, go!"

Questions to ask

- ▶ Which station was the hardest? Which was the easiest?
- ▶ What way could you incorporate an obstacle course into your family activities?
- ▶ What other ways can you increase activity with your family on a daily basis?
- ▶ Why is physical activity important in our everyday life?

Variation

Give all participants pedometers and have them reset them to zero. Once they are done with the obstacle course, participants can see how many steps they took. Brainstorm other ways to increase the number of steps taken each day.

Other resources

- ▶ USDA Supertracker – <https://www.supertracker.usda.gov/default.aspx>
- ▶ National 4-H Healthy Living Curriculum – <http://www.4-hmall.org/Category/food-healthy-living.aspx>



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