

Obstacle Course

Obstacle courses were first designed and used by the military to train and help make their bodies stronger. Historically, Roman warriors trained for battle by practicing jumping over natural barriers like hedges and ditches. Fast forward to present day and we see obstacle courses being used by ordinary people to stay active and live a healthy lifestyle with plenty of exercise. Physical activity helps us to be fit and healthy in all sorts of ways, such as: having strong bones and muscles, improving balance and flexibility, and it even helps you to relax. What better way to make physical activity fun and engaging than with an obstacle course!

YOU WILL NEED

- Pillows, a rope, chairs, or anything else you have at home that can be used to create an obstacle course.

STEPS

1. Plan your obstacle courses as a family, start by asking yourselves some questions: What will your obstacle course look like? Does your obstacle course involve jumping? Skipping? Balance? Crawling? What materials do you have at home to add to your obstacle course? Maybe you have some pillows you can jump over, or you can lay a rope on the ground to practice balance.
2. After you have your design, build it and test it! As you enjoy some fitness fun with your obstacle course, remember the importance of safety. Make sure you have plenty of space around you so you don't bump into anything.
3. If it's a beautiful day outside for some play, you can make an obstacle course using just a piece of chalk! Draw a variety of lines or shapes that you can follow to jump, skip, balance, or wiggle through the course.

