

LETS DO SOMETHING

Game 19.



OBSTACLE COURSE

Instructions



Introduction:

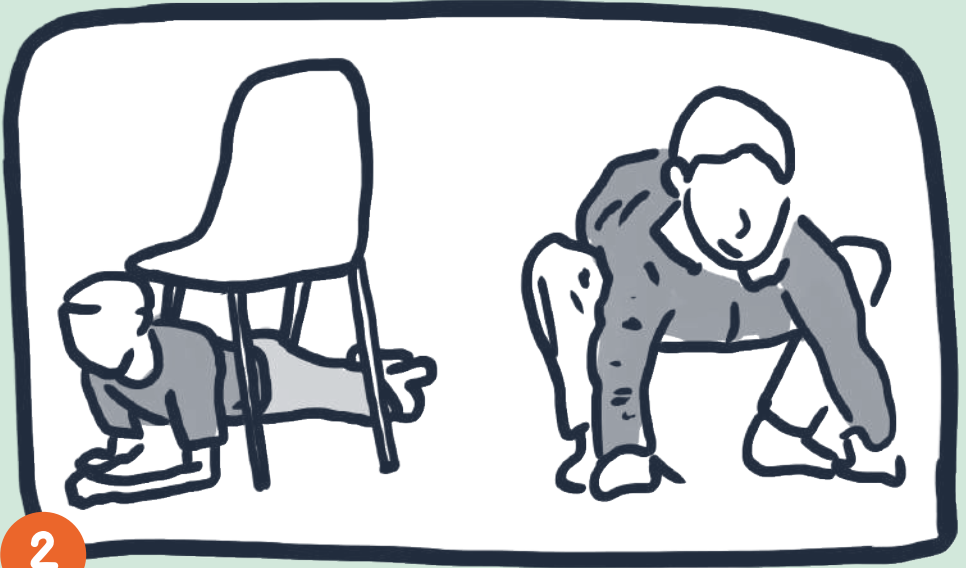
Get through the obstacles to win

Materials:

Chairs, Books, Games, etc.



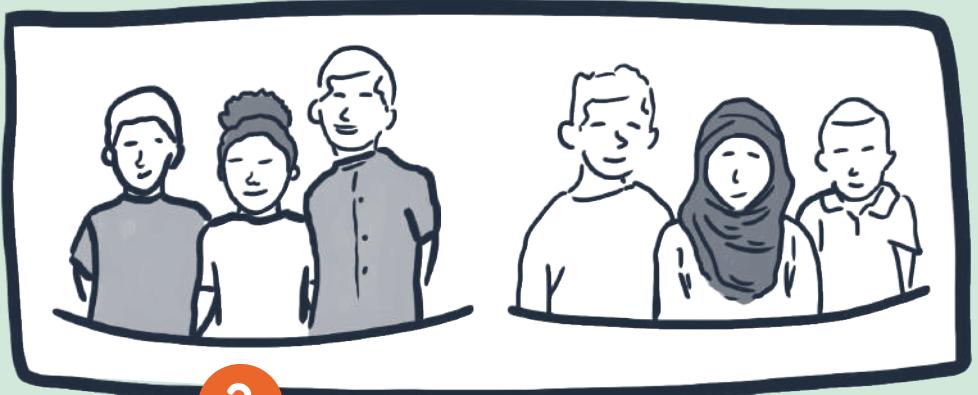
1
Decide where the race will
start and where it will end



2

Between the start and finish line, add various obstacles to complete. Here are some examples of obstacles you can set up:

- *Crawling under a row of chairs*
- *Balancing a book on your head and walking across the room*
- *Throwing a small ball in a hoop*
- *Jumping like a frog to the finish line*



3

Break into 2 teams



4

Yell “Go!” and have 1 child from each team get to the finish line as quickly as they can



5

Each child takes a turn to complete the race, the team that reaches the finish line first wins



Final Results



NEXT GAME :
20. Water Relay Race