



Boys & Girls Clubs
of Hamilton



Obstacle Course



This activity can be done inside or outside. Set up an obstacle course for your child using materials that you have at home. You can set up to ten stations. As you design your obstacle course keep in mind the number of children participating, the space that you have and the abilities and ages of the children. You can also look for any everyday items to enhance your stations such as blankets, towels, empty paper towel rolls etc. Start with easy tasks and make them more difficult as they're mastered. Have your children crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc. etc. Your imagination is the limit!

Skills developed:

agility, balance, coordination,
strength, motor skills,
sequencing and memory.

