Obstacle Course Challenge

This week's challenge if you dare to accept it, is to create your own obstacle course that includes between 8 to 12 different parts. This can be made inside or outside depending upon the weather and your parent's permission. You do not need to purchase or borrow items from others. Just look around your house, garage, shed, etc. to find items to use. Take a picture or a video of your course and upload it to [MyBlueprint.](#)

Ask for permission on what you are able to use before planning your obstacles.

STEPS

1. Find a good space for the obstacle course.

- Before you can begin planning the details of your obstacle course you will need to find a good location to build it in. Look for the amount of space available and if it is inside or outside.

3. Start planning out your obstacle course.
- Find and use items you already have around the house, garage, yard, shed, etc. (Please ask for parent's permission)

4. Think about instructions (rules).
- Include specific instructions on how an obstacle is to be completed.
- For example
    - participants must go under chairs and not over
    - participants must hop over stuffies and not leap
    - participants must underhand throw socks into a basket and not overhand

5. Creating Obstacles:
- Include obstacles that test agility.
    - E.g. Running around a series of items
- Include jumping obstacles.
    - o These obstacles require the person to jump, hop or leap over or around.
- Build a balancing obstacle for your course.
    - E.g. A simple straight board or even a rope can make a good balance beam.
    - E.g. You can require people to stand on one leg for a certain amount of time.
    - E.g. Try to balance a ball on their head for a few seconds.
- Create obstacles that test strength.
    - E.g. Have participants do a certain amount of push-ups before continuing.

- E.g. Running while carrying or pushing something heavy can be a test of full body strength.
- Crawling and crab/turtle walking can engage the entire body.

6. Building Obstacle Course

******It is ok if something doesn't work like you planned it to. Engineers always do lots of testing and changing before they use a design.****

- Try doing the obstacle course yourself once you've built it to see how well it works.
- Once you've built and tested your course it's time to open it up to others and take a picture or video of you doing it and send it to me using [MyBlueprint.](MyBlueprint)

Have Fun! I can hardly wait to see all of the cool obstacle courses you come up with!