

## OBSTACLE COURSE

### Using Portable Apparatus

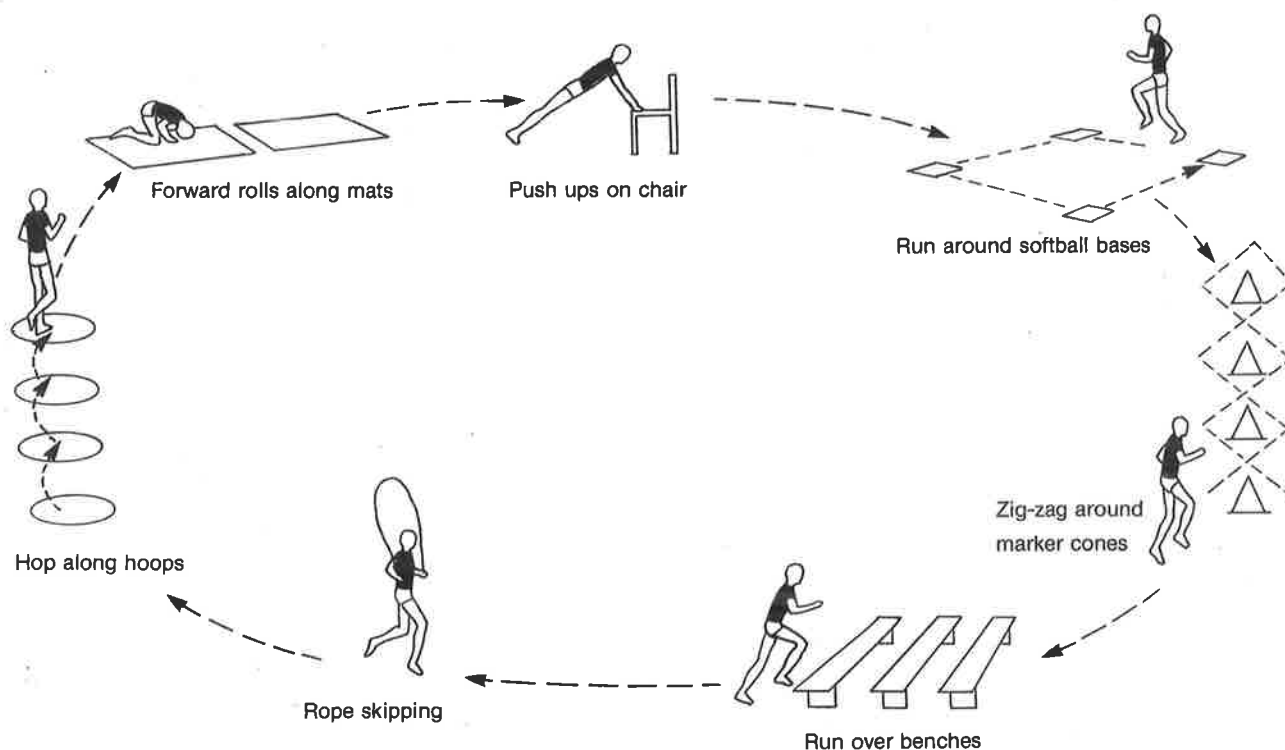
Various pieces of portable apparatus can be included in an obstacle course:

benches  
boards  
hoops  
tyres  
ropes  
bins  
boxes  
vaulting horses  
mats  
markers (skittles, cones, beanbags, softball bases . . .).

Exercises can also be added to the course including:

push ups  
sit ups  
star jumps  
knees to chest  
skips  
burpees  
any simple exercise.

#### EXAMPLE PORTABLE OBSTACLE COURSE



# OBSTACLE COURSE

## Using Fixed and Portable Apparatus

This type of course combines the methods of the two previous courses, and is particularly useful when an inadequate supply of fixed apparatus exists.

### EXAMPLE COURSE

Crawl through a pipe

Skipping station

10 skips with a rope

Leap over the benches

Push up station

10 times

Hop between the lines

Sit up station

10 times

Run up the bank

Step up station

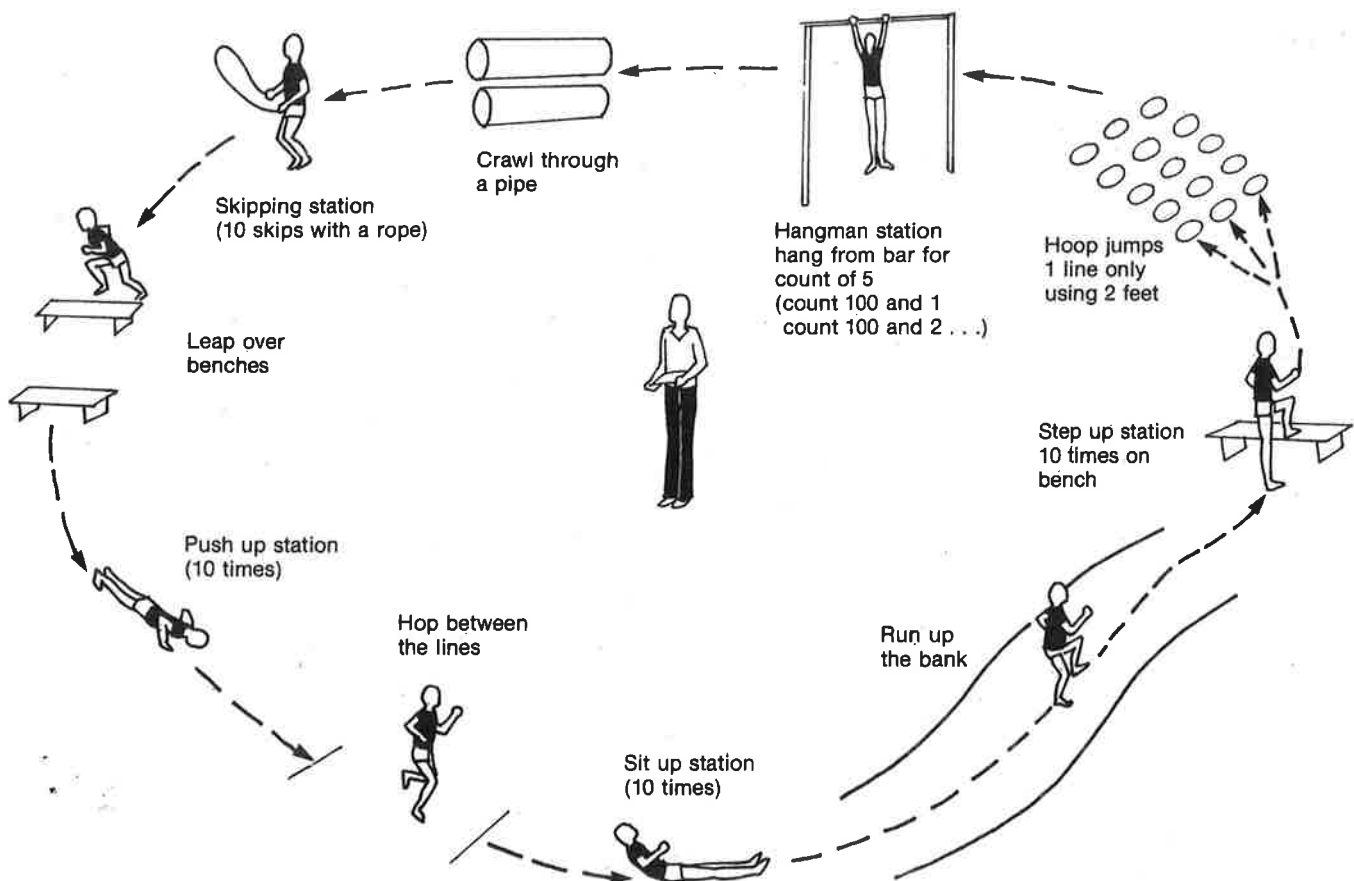
10 times on each bench

Hoop jumps

1 line only using 2 feet

Hangman station

Hang from bar for count of 5. (Count 100 and 1, 100 and 2 . . .)



# OBSTACLE COURSE

## Indoors

In wet weather, obstacle courses can be set up indoors, using portable apparatus. Portable climbing apparatus used for gymnastics is suitable.

If the school does not own this apparatus or does not have a large indoor area, a modification as suggested below can be set up.

### OBSTACLE RELAYS

#### Equipment

Set up a course using a variety of small pieces of equipment as obstacles (benches, mats, ropes, hoops, chairs, hurdles, desks, markers, boxes, bins). 1 hoop for each team as starting points.

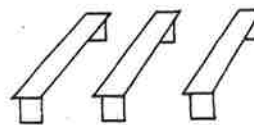
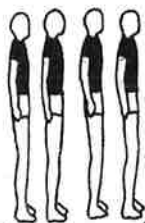
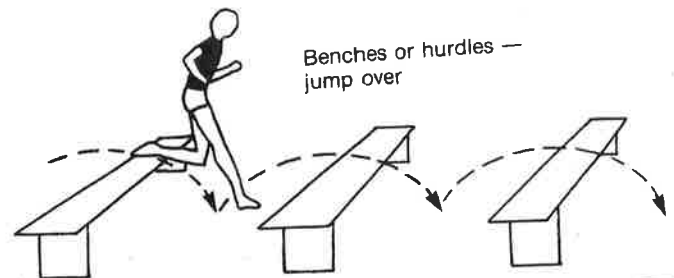
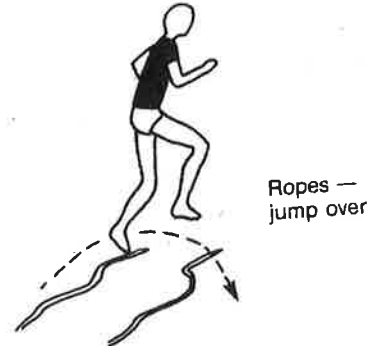
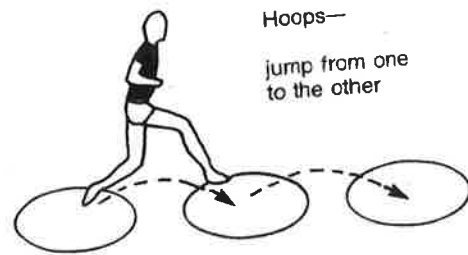
#### Teams

4 players.

#### Rules

**A** negotiates the course, returns to the start, touches **B**, then joins the end of the line. **B** repeats etc. To promote continual activity, **B** could start when **A** has completed 2 obstacles, instead of waiting until **A** has completed the whole course.

Teams can compete against each other at the same time, or an entire team can be timed to complete the course, one after the other. Teams then try for the best group time.



Obstacle course relay