

HOME MADE OBSTACLE COURSE

IT'S TIME TO GET ACTIVE!

This activity can be done either inside or outside of your home!

Gather your family and work together as a TEAM to build your very own obstacle course. You will be using items that you already have around your house!

Use the YouTube videos that posted along with this lesson (there is both an indoor and outdoor video) to get some ideas of how to build your own course.

Make sure to walk through the course with your families to set to rules and decide how the course is supposed to be run to ensure safety.

You can also create a family challenge by timing yourselves and have a prize for the winner!

Want to share your course with us? Email a video of our students completing the course to cfluger@commack.k12.ny.us

HAVE FUN, GET OUTSIDE, STAY ACTIVE AND BE SAFE!