

# build an obstacle course!



#5in5  
let's go  
outside!

## some items you might use:

- cardboard boxes
- sticks
- hula hoops
- balloons
- cushions
- stones
- play tunnels/tents
- sacks
- rope
- bean bags
- cones
- skipping rope

design your obstacle course - use your imagination!

## tips:

- race a friend while holding a ball between your knees
- crawl, skip, balance and throw!
- get extra competitive and record your times

