**Ultimate Obstacle Course**

**EQUIPMENT:** 3hurdles, 6 pylons, 3 beanbags, 3 hula hoops, stopwatch

**PLAYING AREA:** track or field

A picture containing drawing, clock

Description automatically generated

**SET-UP:**

* Set up the obstacle course like the diagram above.
* Organize the students into heats.

**OBJECTIVE:**

* Complete the obstacle course in the fastest time.

**RULES:**

* Crawl under the hurdles.
* Zigzag around the pylons.
* Stop and do 10 jumping jacks at each beanbag.
* Do three jumps in each hula hoop.
* Don’t cut corners.
* Don’t touch the equipment.
* Don’t touch other people.

**GAME VARIATIONS:**

* Add stations or change what needs to be done at each station.
* Instead of running this in heats, run it as a relay so that one student starts as soon as their teammate finishes.

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