



Exploring 4-H at Home



Environment & Healthy
Living

Pillar: Environment & Healthy Living

Project: Healthy Living (previously called On the Move)

Activities: Obstacle Course Fun!



CANADA
4-H Saskatchewan

Healthy Living

Activity Guide

Obstacle Course Fun!

Do you love a good challenge? Have you been itching to get outside? Then you should try to create your own obstacle course!

Steps:

1. Name your obstacle course (*ex: Harold the Hare's Hippity Hop-tastic Course*)
2. List the materials you need to complete the course (*ex: pool noodles, buckets, tires, etc.*)
3. Create a map of the course
4. List the instructions for each part of the course, as well as the steps participants will need to take to complete the course
5. Create your course!
6. Test your course out! Make sure to keep track of any tricky areas that you might need to change.
7. Have fun 😊



Thank you to the South Star 4-H Club for showcasing their amazing obstacle course skills with us!