



## 2020 Cub Scout Backyard Challenge



### Obstacle Course

Category: Health & Fitness

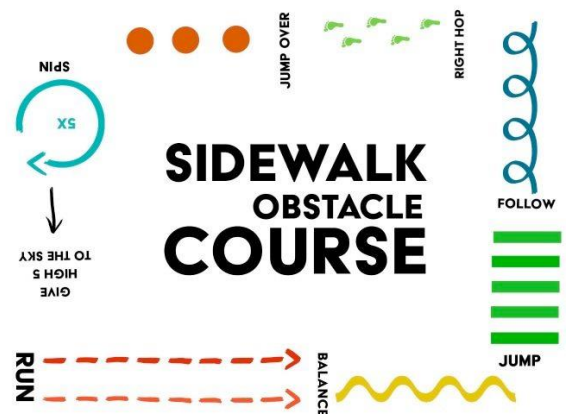
Difficulty: Advanced

### Description:

Hey Scouts! You've all enjoyed obstacle courses at camp. Here's your chance to design and build your very own. Below are some possible obstacles you may already have at home.

- Rope or string, (to walk along or jump or skip)
- Tube to crawl thru
- Sidewalk chalk (to draw on driveway or sidewalk)
- Skinny sticks or dowels (to jump over on grass)
- Hula hoops (to hula hoop or possibly crawl or jump thru)
- Hippity hops (of course to hop on)
- Outside furniture (could tie rope across from two chairs legs to crawl under)
- Bucket and ball (to have to throw ball into)
- Orange sports/safety cones
- Pool noodles

Here are a few ways to use some of these materials depending on your outside environment. Let's say you only have a hard surface like a driveway, sidewalk chalk can be very useful as you could draw almost all of your obstacle course. Here's an example.



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You could mix in other materials such as hula hoops and hippity hops.

Not all obstacles need to be physical. They can be challenges of the mind as well. You could have mom or dad assist in mixing in a math problem or other type of question along the path for you to figure out. It's important to keep the mind as well as the body in shape.

If you have a yard with grass, you'll need to use other materials since chalk work on grass.

Next, once you've located and decided on the materials you'll use, **draw or sketch out your obstacle course** on paper a couple different ways. Have an adult look at it for safety concerns.



**Now it's time to assemble your obstacle course!**

Before you begin remember to have an adult check your obstacle course for safety one more time before you attempt it, it's their responsibility to approve it!

Take a picture and send it to us!

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