



NWSRA's At Home Obstacle Course

1. Print out the course map.
2. Set up the obstacle course as it is mapped out. You can set up all around the room.
3. Remember: If you do not have all the supplies listed, get creative! You can use anything you would like and adapt!

Obstacle course Map

Jump on the footprints



Climb hula hoops

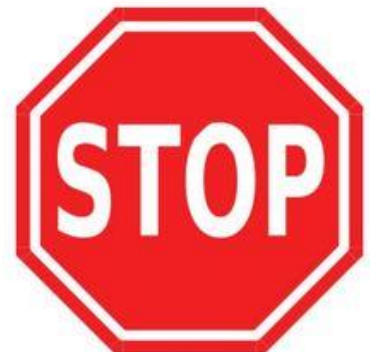


START

Run through pillows



STOP and Sit!

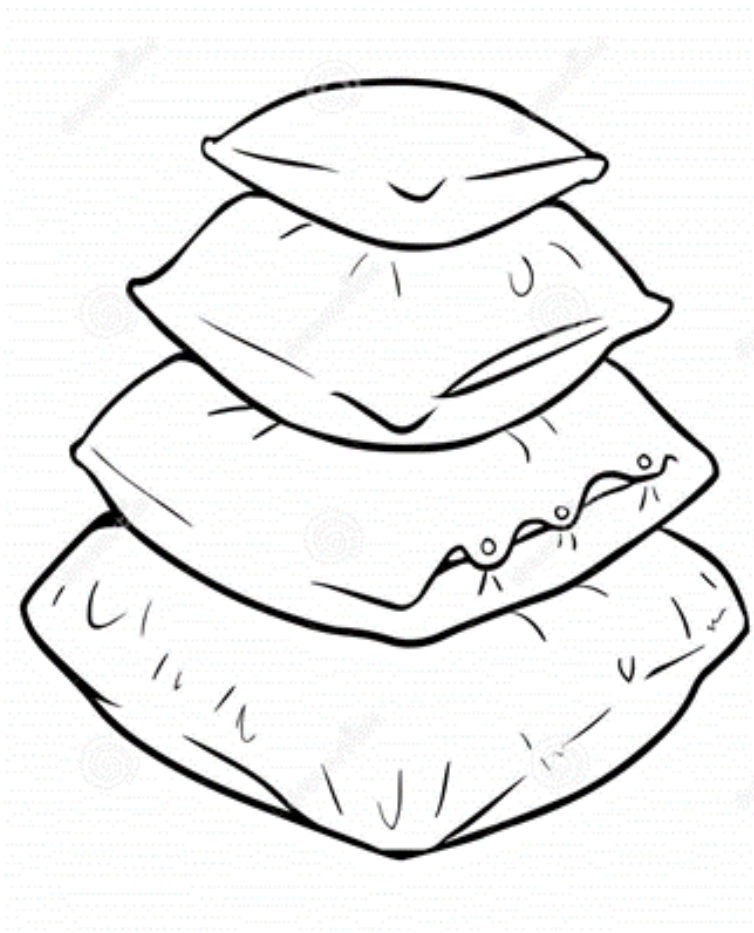


JUMP





CLIMB



Run
through

