

OBSTACLE COURSE

CREATE YOUR OWN TURBO OBSTACLE COURSE

It is simple and easy to create your own obstacle course and tackle adventures just like Turbo and his FAST crew. Using everyday items you have at home, kids can have fun and work as a team just like their snail buddies. Be creative and use your imagination, but here are some tips to get your snail brains working! Like all extreme stunts worth doing, these could be dangerous – please make sure you're always safe and check with a near-by adult before trying any of these challenges. And remember, everyone's a winner!



PLAN YOUR COURSE

Six to eight stations are usually sufficient for school-aged children. Some ideas follow.

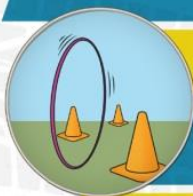


1. BOX HOP

Lay out a row of cardboard boxes (or laundry baskets). Players must jump from one to the next.

2. DISC TOSS

Place a clean trash can 10 feet from a throw line. Players try to toss the flying disc into the can. This could also be done with a beanbag and laundry basket.



3. PLASTIC HOOP ROLL

Players need to roll a hula hoop using their hands or a stick through a predetermined course. It can be a straight line, curves, or going around obstacles.

4. HOP, SKIP, AND A JUMP

Set plastic hoops (or lay a ladder flat) on the ground. Players must hop through the hoops (rungs) without hitting them. Alternatively, set out colored paper taped to the floor. Players need to hop from one color to the next without touching the floor.



5. INDOOR SLALOM

Players must weave in and out of poles made with PVC pipe (or pool noodles) inserted in sand buckets without knocking them over.

6. FROM HERE TO THERE

Run while balancing a beanbag on your head; ride a tricycle along a predetermined route or somersault from one point to another.



7. LEAPS AND BOUNDS, OVER AND UNDER

Crawl under/over chairs; crawl under a table without disturbing any balloons dangling from the underside; slither through a tunnel made from couch cushions (or cardboard boxes); limbo under a broom, yardstick or string between two chairs.