

Backyard Basic Training

Build your own training course right at home and challenge your speed and accuracy.

What You Need:

- Cardboard Boxes
- 2 Chairs
- Broom
- Hula-hoops (or try tying long pieces of string or rope together to form hoops)
- Duct Tape
- Masking Tape or rope
- Yardstick
- Laundry basket or wastebasket
- Ball (You can also use a stuffed animal or rolled up piece of newspaper)
- Stopwatch
- Water bottles
- Pedometer (optional)

What to do:

1. Ask an adult to help you set up an obstacle course. Complete a physical challenge at each station. You can build a great course inside or outside. Here are some suggestions:
 - Stagger some cardboard boxes in a zig-zag pattern—run or crawl through the boxes!
 - Balance a broom on two chairs—limbo under the broomstick and don't let it fall!
 - Set up several hula hoops in a row—hop on one foot to make it through the hoop path!
 - Open up the bottoms of three or four cardboard boxes and using duct tape, tape them together to form a tunnel. Try making the tunnel twist and turn a little—crawl through the tunnel!
 - Place a yardstick several feet from a laundry basket or wastebasket. Stand behind the yardstick and grab a ball—sink a basket before moving on to the next station!
 - Place a long strip of masking tape or rope on the floor—walk like it's a balance beam without falling off!
 - Fill up two plastic bottles with water—do ten jumping jacks while holding the plastic water bottle “weights”!



Use a stopwatch or clock to measure how long it takes you to get through the course. Try to beat your fastest speed. Take your pulse or measure your steps with a pedometer.



Was it easier to do the obstacle course the second time? Why or why not?



When did you have to stretch in the obstacle course? When did you balance? When did you run? When did you use your muscles?

Did you know?

Athletes and astronauts typically use obstacle courses to get in shape during training. But, you don't have to be in training to enjoy an obstacle course. You don't have to look any further than a playground or even your own living room.

