

Missing Impossible Obstacle Course!

****PARENTS: THIS ACTIVITY REQUIRES STUDENTS TO DESIGN AN OBSTACLE COURSE. PLEASE SUPERVISE YOUR CHILD FOR SAFETY WITH THIS OPTION. ****

Hey Kids!

Every year at school, your teachers set up Mission Impossible Obstacle Course in the gym. Now, it's your turn!!

For this DPA option, **you** get to design your very own obstacle course to complete! You can design your course outside or inside (check with your parents to find a good spot) using things you have around the house.

Ask your parents for **permission** to use household materials to make your course! This is a chance for you to be creative with what you can find!

Think back to Mission Impossible in school. What kind of equipment did your teachers use? Here are some ideas of materials that you might find at home:

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|-------------------|------------------------|--------------------------|
| -pillows/cushions | -sports equipment | -balloons/balls/frisbees |
| -tape/string | -recyclables | - tubes/tires |
| -sidewalk chalk | -boxes/buckets/baskets | -hula hoops |
| -pool noodles | -sprinklers/water toys | -skipping ropes |

When designing an obstacle course, you need to think about the different stations you will want.



Think back to Mission Impossible in school. Sometimes you need to **hit targets** with balls or frisbees. Other times you need to try do **balancing** while you **carry an object** from one place to another. Some obstacles require you to **crawl over or under** structures. Try to have a variety of stations in your course.

Here are a few ideas for stations to get you started:

1. Crawl under or over a row of chairs.
2. Crawl under a string stretched between two chair legs.
3. Jump into and out of a Hula-Hoop five times.
4. Walk on a balance board.
5. Throw a beanbag into a laundry basket.
6. Run while balancing a beanbag on your head.
7. Do a ring toss.
8. Play one hole of Newspaper Golf.
9. Carry a container of water across a balance beam.
10. Somersault from one point to another.
11. Do a handstand.
12. Skip in place while reciting a jump rope rhyme.



MAKE SURE YOU HAVE ADULT SUPERVISION WHEN DESIGNING YOUR COURSE. SAFETY IS VERY IMPORTANT!

You can have as many stations in your course as you'd like! The choice is up to you!

Take some pictures or a video of your obstacle course once you've completed it. Challenge your siblings or parents to complete the course!

Have fun!!