



CENTENNIAL PARKLANDS NATURE PLAY

Obstacle course

Make your own physical challenge!

What you need:

Logs, long sticks, leaves, ropes, stones, man-made found objects (planks, boxes, etc.)

Let's get started!

- Find an outdoor space where you can make your obstacle course
- Gather all your materials
- Use a combination of the environment and the objects you gathered to build your course
 - Is there already a hill in your space?
 - Is there already a stump in your space?
 - Is there already a tree in your space?



Let's get planning!

- Draw a rough plan of your course
- Include sections that give you different challenges like jumping, balancing, and crawling

Let's run the course!

- Test out your course to make sure it works for you
- Add extra fun by increasing the challenges!

Blindfold challenge!

- Once you have mastered your obstacle course, why not try it blindfolded?
- Ask a seeing-eye partner to help you!

You can make indoor obstacle courses too! Use chairs, cushions, and tables to create your challenging course inside!

