

Human Obstacle Course



1

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4

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How to Play?

- Divide class into 2 groups.
- One group to compete with the other group to acts as obstacles.
- Divide competing group into teams and likewise with obstacle group in same number of teams.
- In front of each competing team place 1 team of human obstacles numbered 1 to 4. No. 1 stands upright, No. 2 stands with legs apart, No. 3 stoops in a leapfrog position and No. 4 stands upright.
- In relay fashion competitors run around No.1, crawls under No. 2's legs, leaps over No. 3 and runs around No. 4 and returns back to group and next one goes.

Human Obstacle Race

Make it harder

- Use more obstacles.
- Have obstacles change their shapes after each relay.
- Have children carry a piece of equipment through the course.

Make it easier

- Use less obstacles.
- Have children do same activity for all human obstacles (Go around all 4 or go under all 4 obstacles legs)