



commit to be fit

Student Wellness Activities

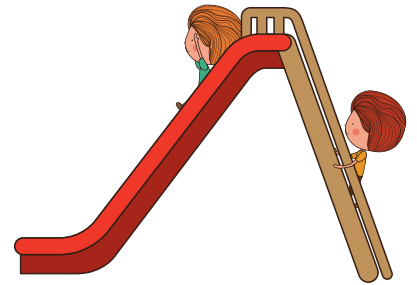
OBSTACLE COURSE

STEP 1

Can you create your own obstacle course (*outdoor or indoor*)?

Try to incorporate the some of the following:

- going under
- going over
- balance (like heel toe walking on a tape line)



STEP 2

Have your parents check to make sure it is safe before going through it.



STEP 3

See how many times you can go through the obstacle course.

Be sure to mark your scorecard by coloring in one rung on the ladder.