Lesson 4

April 13 -17, 2020

Outdoor Chalk Obstacle Course

Equipment needed :

Chalk

Imagination

Objective: Create an obstacle course (using a chalk) by incorporating locomotor and fitness skills

Benefits of an Obstacle Course:

Great combination of cardiovascular and strength training, improves agility, fun way to get fit!

Course may include:

Speed Walking, Running, Skipping, Galloping, Hopping, Leaping, Jumping, Planks, Jumping jacks, Push-Ups, Sit -Ups, Squats etc…

Clink on the link below to check out my obstacle course:

https://www.youtube.com/watch?v=AaxmfPuz9u0