


Obstacle Course – Game Instruction

Title: Obstacle Course

Category: Outdoor

Subcategory: Family

Players: 1 or more

Time Required: 15–30 Minutes 

Description

An Obstacle Course is a dynamic outdoor game where players navigate through a series of physical challenges like crawling, jumping, balancing, and running. It promotes physical activity, agility, and creativity, making it a perfect game for all ages during family picnics or backyard events.

Materials Needed

- Cones or markers
 - Ropes, chairs, or boxes
 - Hula hoops, jump ropes, tires (optional)
 - Timer or stopwatch (optional)
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How to Play

Setup:

- Create a course using available items (zig-zags, tunnels, hurdles, etc.).
- Mark the start and finish line.
- Demonstrate the route to players.

Objective:

Players must complete the obstacle course as quickly (or accurately) as possible, following all the challenges set.

Rules:

- Each player goes one at a time or in timed rounds.
- All obstacles must be completed before reaching the finish.
- Skipping an obstacle can result in a time penalty.

Winning:

The player with the fastest completion time or best performance wins.

Tips & Variations

- Time each run and track best scores.
- Make themed courses like jungle, ninja, or pirate paths.

- **Add teamwork elements like passing objects or carrying teammates.**
- **Modify the course difficulty based on players' age and ability.**