



Fit City Obstacle Course

Get your family moving with this simple and free indoor obstacle course. Set up several "stations" with different items from your home. It only takes a few minutes to set up each activity station, and the fun can last for hours!

Items for your Obstacle Course

- Jump rope
- Shoe boxes
- Construction paper
- Laundry basket
- Balls
- Hula hoops
- Ring toss game
- Chairs
- Pop-up tunnel
- Pillow Cases

Obstacle Course Activities

1. Lay a jump rope on the ground for a balance beam element. Racers must complete the balance beam before moving to the next station.
2. Arrange shoe boxes in a pattern for either zigzagging around or jumping over.
3. Create shapes of different colors from construction paper, then lay them on the ground to hop from shape to shape.
4. Create a ball toss skill in your obstacle course using a laundry basket and balls.
5. Incorporate hula hoops, either to hold for your child to crawl or jump through, or laid flat for a jumping obstacle.
6. Include a ring toss activity for a fun hand-eye coordination station.
7. Set up chairs in a pattern to zigzag through or crawl under.
8. Add a pop-up tunnel or create your own tunnel by laying a sheet over strategically placed chairs.
9. Instead of running from one obstacle to the next place your feet into a pillowcase and hop to each challenge
10. Finish the course by doing 10 jumping jacks or running in place for 30 seconds.