

What you need for a two-team
obstacle course\*

2 large hopper balls

10 small orange cones

2 workout ladders

2 wiffle ball bats

2 soccer balls

Soccer goal

Pure Life® water

## Obstacle Course

## Each team repeats these steps

- 1. Place the large hopper ball at the starting line.
- 2. Arrange the cones in two straight lines. Allow for a little space after the last cone and lay down the workout ladder vertically in front of the cones.
- 3. Allowing a safe amount of space, place the wiffle ball bat on the ground.
- 4. Off to the side, at a good distance to allow for a short run, place the soccer goal and the two soccer balls in front of it.

## Navigate for success

- 1. One player at a time on each team sits on the large hopper ball.
- 2. Bounce around the cones and get off the ball.
- 3. With both feet, hop into each box of the ladder.
- 4. Run to the wiffle ball bat and stand it straight up, holding it with a hand.
- 5. Bending over, place your forehead on the bat and spin around in a circle three times.
- 6. Run to the soccer station and kick the ball into the goal.
- 7. Each person on each team repeats this order.
- 8. The first team to have all their members kick a ball into the goal wins!

## More Fun Summer Challenges

- 1. Organize a scavenger hunt.
- 2. Try a new outdoor activity together.
- 3. Challenge each other at a game of miniature golf.
- 4. Play backyard soccer or basketball.
- 5. Take a dance or fitness class together.





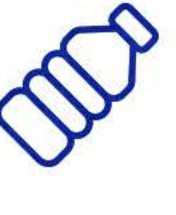


















<sup>\*</sup> If you don't have these items, no problem!
Use what you have and be creative. It's all
about having fun together.