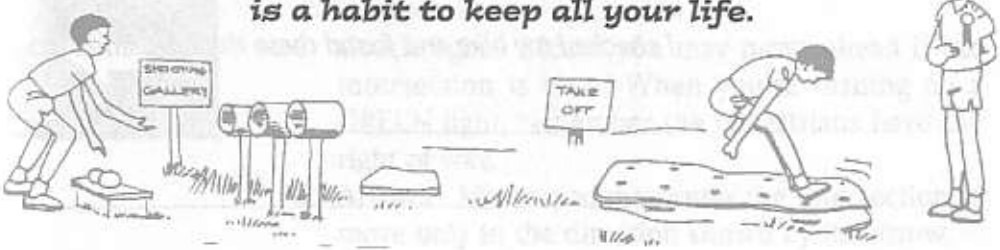
Obstacle Course

Ask a leader to help you and your six run an outdoor obstacle course for the pack. Have a meeting with your six and decide what equipment each Cub will bring. Here are some ideas to try.

- ❑ Walk a 3 to 5 metre length of 5 cm x 10 cm stud or a 15 cm plank set on edge in the ground.
- ❑ Toss a ball or stone into a bucket 3 metres away.
- ❑ Climb through a tire suspended from a tree.
- ❑ Crawl under a bench or board set 30 cm off the ground.
- ❑ Swing on a rope from one spot to another.
- ❑ Walk on stilts for 3 metres.
- ❑ Climb up a 3 metre rope, pole or tree.
- ❑ Walk for 3 to 6 metres along a series of 750 mL cans set 30 cm apart.
- ❑ Climb over a chest-high barricade made from picnic tables set on their sides.
- ❑ Crawl under a 3 x 4 metre tarpaulin that has been pegged down.
- ❑ Run through a speed race area.
- ❑ Do a headstand or cartwheel.
- ❑ Climb through a barrel open at both ends.

It's best to set up your obstacles in a large circle so that you can move quickly from one to another.

You can even run your obstacle course in the winter by building lots of obstacles out of snow.

Remember to exercise every day if you can. Regular exercise is a habit to keep all your life.