

# Obstacle Course

Time needed  
30 - 60 minutes

## Instructions

1. Set up one or two obstacle courses, depending on whether you want Beavers to complete the course individually or in teams.
2. Include objects to jump or climb over, to run around and to crawl through. Lodge Leaders (or equivalent) could help with designing or setting up the course.

## Equipment needed

- access to an open space (outdoors or indoors)
- objects to make up an obstacle course.  
You could use:
  - o hula hoops
  - o skipping ropes
  - o balloons
  - o balloon pumps
  - o bean bags
  - o rope
  - o tennis balls
  - o buckets
  - o cones
  - o blindfolds
  - o spoons

## Top Tips!

- You could incorporate some agility stations like skipping or hula hooping.
- Cones could be set out in different formations for Beavers to run in and around.
- Balloons could be placed in between the young people's knees. Can they run without dropping or popping them?
- Tennis balls or beanbags could be picked up and thrown at targets such as buckets.
- Beavers could complete the course whilst balancing a tennis ball on a spoon.
- Beavers could complete the course individually, or as part of a team in their Lodges or other small groups. To add an extra challenge, it could be completed in pairs, with one Beaver blindfolded and the other helping them around the course.
- You could time each Beaver or group, and create a leader board to keep track of scores. Remember to keep a note of other talents and strengths – besides physical ability – to praise at the end of the activity. For example, you could praise any Beavers who gave encouragement to others, or who helped to keep the course tidy.
- The activity can be repeated as many times as you like..

## Top Tips!

- You can link this activity with Requirement 3 of the Beaver Health and Fitness Activity Badge, by measuring the Beaver's heart rates before and after taking part in the agility activities. Find our resources on our partner page for information on how to measure heart rates, and to access more activity ideas.
- Offer an Explorer Scout Young Leader the opportunity to come along and lead the session. Whether they have an interest in a particular sport, or want to share their knowledge on leading a healthy lifestyle, this is the perfect opportunity to get them involved.

