Obstacle course:

This will be a partner obstacle course. Each partnership will be given a bandana, tag, or cuff that is a specific color. This serves the purpose of helping children know which items in the obstacle course are theirs to use. Partnerships will be determined by drawing sticks.

Sugar Dump.

    Materials: Around 20 or 30 pop cans        Sugar            Food Scale

    Setting: 1 table will be set up at a starting position where the pop cans will be filled with table sugar. The amount of sugar in each can will be measured according to the grams of sugar within the soda. At a middle point, there will be color coded buckets for each team. There will be a third ending point at this obstacle.

    Directions: Each team will locate their color coded buckets in the middle of the course before beginning. One partner will stand at the pop can table, the other partner will stand at the buckets. The partner at the pop can table will grab one can, dump it into the team’s bucket, and run the pop can back to the table. They will then run back, tag the partner standing at the bucket, and then the tagged partner will repeat what the first partner accomplished. This will be repeated until the team has dumped (5) soda cans into their bucket. Then, one team  member will carry their sugar filled bucket to the finish line.

Keep a Friend Warm

    Materials: 1 pair of gloves, 1 coat, 1 pair of boots, 1 hat, 1 scarf        bags

    Setting: Each “set” of clothes will be labeled with the partnerships colors. The clothes will be placed in a pile on the floor.

    Directions: After completing the soda dump, the partner who carried the bucket will be the “friend”. The partner who did not carry the bucket will be the “server”.  The server will run to the pile of clothes, find the pair of gloves, hat, coat, boots, and scarf labeled with their team’s color. They will put these items into a bag and carry them back to the friend. The friend is not allowed to use their hands. The server will put the gloves, coat, boots, hat, and scarf of the friend. Then the server will “piggy back” the friend to the finish line. The friend will undress and the partnership will rebag their items and return them to the pile. Once the items are returned to the pile, the team can move onto the next obstacle.

Fastest Cup

    Materials: plastic cups        straws

    Setting: at the starting line, there will be one cup and two straws with each partnerships color on the floor.

    Directions: Each partner will have  a straw. The partners are going to use the straws to blow the cup across the floor, to the finish line. They cannot use their hands to move the cup. Once the cups are to the finish line they can move on to the next obstacle.

Exercise Relay:

Participants will each be given a colored card with an exercise on it. Each team will be given the same number of cards. Once every team has completed the exercises on their cards, they can run to the finish line.