



Straight and Tuck Obstacle Course- 1

Exercise	Materials	Description
1. Straight and Tuck Jump	Big tumble track	“straight jump and tuck jump all the way down to the blue mat”
2. 3 jumps on small track	Red ramp with white line attached to small rectangular trampoline	“walk up the ramp and jump on the mini track 3 times. Jump off and land in the hula hoop”
3. Frog hops	3 hula hoops	“frog hops into the hula hoops”
4. Balance	Bosu ball (blue half bounce ball)- flat side down	“stand on the ball and balance for 3 seconds on one leg”
5. Bear crawl	Parallel bars	“hands and feet on bars and bear crawl through the donut”
6. Dip walks	Wide, red balance beam	“walk and dip like if you’re scooping ice cream”
7. Scale	Mushroom with yellow “X”	“balance on top using your hands and knees. Stick one leg out behind you. Count to 3 ”
8. Monkey	Bar	“hold on tight, swing on the bar and touch your toes to your hands”

Mini Obstacle Course on Floor Mats

Exercise	Materials	Description
1. Jump	Green log (horizontal)	“jump over green log with 2 feet”
2. Balance step touch	- Mini Floor balance beam -4 spots	“touch spot with your toe then come back to balance beam. Step touch, step touch”
3. Spring Board jump	-spring board -1 spot	“1 foot before the board, 2 feet on the board and jump onto the spot with both feet”
4. Jumps side to side	Red log (vertical)	“Jump side to side with both feet over the red log”
5. Hop scotch hula hoops	6 small hula hoops	“feet jump together when you see one hula hoop. Jump feet apart when you see two hula hoops”
6. Zipper walk	Mini Floor balance beam	“balance on the beam by walking sideways”
7. Super kid fly	Yellow stacking mat	“lay across the mat and lift your arms and legs like you’re flying”