

OBSTACLE COURSE challenge

You must create an obstacle course for a family member to complete. This family member will have to listen to you and do what you tell him/her during that challenge. This means, you must test your obstacle course beforehand. It also implies that you need a text ready to read so it is clear for the participant completing the challenge. Note that the course may be outdoor or indoor.

In that obstacle course, you must include:

- JUMPING OVER SOMETHING
- SQUATTING
- SWIRLING
- SINGING
- TIP TOEING

