

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Painters Tape Obstacle Course

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#### Game Description:

Fantastic obstacle course you can put in your hallway!

#### Objective:

Try to get through the obstacle course without touching the tape.

#### Game Rules:

Set up a tape obstacle course in a hallway using painters tape. Children must try to get through the obstacle course without touching the tape.

#### AGE:

2 to 3 years  
4 to 6 years

#### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
Multi-skill game

#### SPACE NEEDED:

Small Space (Hall,  
Furnished Room)

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair  
Small group (3-5 kids)

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Dodge  
Rhythm  
Run