

# Riverbend Ragg-Times June 2004

## BACKYARD SUMMER FUN

### *Design an Obstacle Course*

Using any objects you have handy in your yard, garage or house, design an obstacle course in your own backyard. Choose items that encourage different actions like rolling, climbing, jumping, hopping, slithering, squeezing through, or tip-toeing. Decide what order you would like to do the activities in, and then arrange the different items accordingly. Decide specifically what players will do at each station. For example, have the starting point in one corner of the yard. Begin with a basketball and bounce it five times, put the ball down on the ground and run to the next station. There is a lawn chair lying down and you must crawl through the legs, get up and go to next one and so on.

Examples:

- section of the lawn – to roll across to the next station
- a long rope, lay it flat and then hop with two feet back and forth til the end
- hula hoop – for circling around hips five times
- large cardboard box – slithering through
- small step ladder – for climbing and then jumping off

Once the obstacle course is completely set up, let everyone try it out a few times so they know the order of the activities. If you want to add some competition, time each participant as they go through the obstacle course. The challenge can either be between family members or by having each player try to beat their own 'personal best' time. Invite the kids from the neighbourhood over and let them take a turn. After you've used one obstacle course for awhile, create another one. Designing the course is a big part of the fun!



**Play Kickball** – All you need is a large rubber ball and four bases (use your car floor mats if you have to!) This game is played like baseball, only you kick the ball instead of hitting it.

The pitcher simply rolls the ball in from the pitching mound. It is much easier to play than baseball, so it's great for all ages.

**Gargling Contest** – See who can gargle out their favourite song. Everyone else tries to identify the 'tune'.

### **Perform a Play**

Choose a well-known fairytale, Disney story, or have the kids make one up of their own to perform. Include costumes, make-up, and pull out some props. Design a simple set and then let the kids enjoy a theatrical day.

*For these and oodles of other summer fun ideas, for travel tips and games, great camping and cottage activities, and more, get your copy of "Raising Kids...For the fun of it!" written by longtime Brookview resident Wendy Johnson and her writing partners Gloria McInnis and Heather Tansem of Aspen Gardens, 430-7888 or [www.raisingkids.ca](http://www.raisingkids.ca).*

