

Health & Wellbeing Challenge



Obstacle course

CODE RED – Here at DG Ninja HQ, we are desperately in need of some new ninjas...are you up to the challenge? Set up and try out this ninja training obstacle course to test your skills and see if you have what it takes to become a super ninja!

First things first...choosing a **ninja code name**. [Roll a die](#) twice and find out what your code name will be. For the remainder of the day, this is what you are to be known as...

Roll 1: 1-Red 2-Black 3-Blue 4-Gold 5-Green 6-Purple

Roll 2: 1-Tiger 2-Dragon 3-Ninja 4-Serpent 5- Arrow 6-Phoenix

Now **set up these obstacles** and **time yourself using a stopwatch** completing them separately or together as one big course. **Record your times/scores** for each challenge. Redo the activities and try to **improve on your results** – challenge family members to compete against you – who is the ultimate ninja in your household?!



1. **Quick feet** – set up some hoops, mats or spots and race across them quickly hopping from one foot to the other.
2. **Lazer beam agility** – get a ball of wool or string and wrap it through and round things at lots of different heights. Try to get from one side to the other without touching the string!
3. **Think fast** - Ask a fellow ninja trainee to pass a ball back and forth between you. How many passes can you make in one minute?
4. **Target practice** - use a Nerf gun or a ball, make and set up a target. How accurately can you aim and hit the target out of 10 shots?
5. **Stealth** - Hang some balloons underneath a table or make a tunnel by draping a blanket over some chairs and commando crawl underneath.
6. **Tightrope** – lay a skipping rope (or rope) on the ground and walk along it on your tip toes – be careful to keep your balance!
7. **Speed** – set up two cones (or objects) a few metres apart. How quickly can you run back and forth between them 5 times?

Get creative: What other challenges could be added to this obstacle course to test out someone's ninja skills? Create your own obstacles and test them out!



Obstacle courses are a great way to get active, develop coordination, balance and creativity. You can set them up indoors and outdoors and use whatever objects you have around the house and garden to become potential obstacles!

