

Obstacles Game

Things You'll Need:

Random objects such as chairs, hats, small tables, hula hoops, and cones.

Music & space

Instructions:

This is a simple, yet entertaining game. This combines dance moves and emphasizes on body movement. Essentially, you'll need to place obstacles in a line (you can use different props for this purpose like party hats and big cones) with gaps in between. The students will start in line (6 feet apart) and will cross the obstacles the way they please.

Students

can dance their way through, or jump over the obstacles to the end. When completed, you can restart the line from the end of the obstacles and start over. The game is more fun when you have upbeat music playing in the background.

If you want to change things up, play a variety of songs with different tempos and encourage students to dance through the obstacles to the tempo of the song. Students can move very slow, medium, or fast.

