

Obstacle Course Fitness Trail

- 1.** Set up activity stations with simple equipment like hula hoops or cones.

- 2.** Instruct students to travel to each station and perform a designated activity, such as jumping jacks or squats.

- 3.** When moving between stations, instruct students to advance by using a variety of movements where all abilities can participate, such as clapping, walking or skipping.

#ReimagineRecess