OBSTACLE CARD DECK

24 shuffle-and-go cards · draw five, run what you drew



How to play

1. Print, cut along the dotted lines, shuffle.
2. Draw 5 cards (Rookie: 3, Total Ninja: 7) and lay them in a line. That’s today’s course.
3. Build each one from the “USE” ideas or anything you already own. An adult checks it.
4. Walk it once. Then time it. Reshuffle for a brand-new course tomorrow.

Wild cards: the person who drew it chooses any obstacle. Movement cards go between obstacles.

Adult supervision required. Soft landings, clear fall zones, stop when tired.

OBSTACLE CARD DECK

Cut along the dotted lines

FLOOR

Stepping Stones

Hop from pad to pad without touching the floor between them.

USE: couch cushions · paper plates · chalk circles

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FLOOR

Tunnel Crawl

Crawl through without knocking the tunnel over.

USE: two chairs + a blanket · cardboard box · a table

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BALANCE

Balance Line

Walk heel-to-toe the whole length without stepping off.

USE: painter's tape · a jump rope laid flat · a 2×4 on the ground

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GRIP

Popsicle Rings

Pass a ring (or object) hand to hand to the end without dropping it.

USE: hula hoop · pool noodle loop · rolled towel

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OBSTACLE CARD DECK

Cut along the dotted lines

HANGING

Swing Gap

Hold and swing across the gap; feet never touch the “water.”

USE: playground bar · sturdy branch · two cushions as the gap

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CLIMB

Climb Wall

Climb over without using anything outside the obstacle.

USE: cushion stack · low wall or step · bench

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CLIMB

Warped Wall

Run up and touch the top mark. One try per run on Expert.

USE: grass slope · driveway incline · mattress on the stairs (adult sets it up)

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FLOOR · TWIST

Stepping Stones (backwards)

Same obstacle, but you start facing away from the finish.

USE: couch cushions · paper plates · chalk circles

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OBSTACLE CARD DECK

Cut along the dotted lines

FLOOR · TWIST

Tunnel Crawl (backwards)

Same obstacle, but you start facing away from the finish.

USE: two chairs + a blanket · cardboard box · a table

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BALANCE · TWIST

Balance Line (backwards)

Same obstacle, but you start facing away from the finish.

USE: painter's tape · a jump rope laid flat · a 2×4 on the ground

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GRIP · TWIST

Popsicle Rings (backwards)

Same obstacle, but you start facing away from the finish.

USE: hula hoop · pool noodle loop · rolled towel

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HANGING · TWIST

Swing Gap (backwards)

Same obstacle, but you start facing away from the finish.

USE: playground bar · sturdy branch · two cushions as the gap

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OBSTACLE CARD DECK

Cut along the dotted lines

CLIMB · TWIST

Climb Wall (backwards)

Same obstacle, but you start facing away from the finish.

USE: cushion stack · low wall or step · bench

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CLIMB · TWIST

Warped Wall (backwards)

Same obstacle, but you start facing away from the finish.

USE: grass slope · driveway incline · mattress on the stairs (adult sets it up)

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MOVEMENT

Bear crawl

Do this between obstacles.

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MOVEMENT

Crab walk

Do this between obstacles.

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OBSTACLE CARD DECK

Cut along the dotted lines

MOVEMENT

Frog jumps

Do this between obstacles.

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MOVEMENT

Side shuffle

Do this between obstacles.

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MOVEMENT

High knees

Do this between obstacles.

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MOVEMENT

Lunges

Do this between obstacles.

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OBSTACLE CARD DECK

Cut along the dotted lines

MOVEMENT

Backwards walk

Do this between obstacles.

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WILD CARD

YOUR PICK

Whoever drew this chooses any obstacle on the lineup, any difficulty.

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WILD CARD

YOUR PICK

Whoever drew this chooses any obstacle on the lineup, any difficulty.

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WILD CARD

YOUR PICK

Whoever drew this chooses any obstacle on the lineup, any difficulty.

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