BLUE ROOM OBSTACLE COURSE - SOF Stretch & Strong



- Walk across the beam
- Place beach ball between feet and backward roll trying to throw it into the bucket *(For RED and new kids that are scared to roll backwards they can just try throwing into bucket back wards (think candlestick)*
- Jump to front support shuffle sideways - go opposite ways each time *(RED can just jump and try to hold)*
- Cartwheel *(try to get green and yellows to use feet)*
- Stand behding the yellow like and score a goal!
- Crawl over mats
- Jump across dots