

# Obstacle Courses!

## Lesson Idea:

Obstacle courses can be the highlight of any event if set up and well-run. They can be set up to fit in with your theme and key verses.

A big outdoor space is ideal for an obstacle course to be set up. Get your children moving, climbing, swinging, and crawling all the while reinforcing biblical truths and verses.

You could choose to have an item that they carry through the obstacle course and drop into a bucket at the end; or an item to collect and keep at the end of the course. Leaders could wear costumes and become part of the course by stopping kids and asking them for the verse. Leaders can also shoot the children with water guns or whack them with flour stockings as they come past them, adding to the fun and excitement.

Take care to watch for nervous children who need a bit more encouragement. A leader could even walk through the obstacle course along with them to build their confidence.

## Items needed:

- Inflatables, tables, chairs, nets, rope ladders, mini hurdles, beacons, poles, stage steps, slides, jungle gyms, tyres, tents
- Items for collection

Link to video demonstration: <https://youtu.be/IA7L-H2Srw>

