Human Roller Coaster Obstacle Course
### Human Roller Coaster Obstacle Course

#### Activity 1

**NEED**

<table>
<thead>
<tr>
<th>Start flag</th>
<th>Finish flag</th>
<th>6 pool noodles</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="START.png" alt="Start flag" /></td>
<td><img src="FINISH.png" alt="Finish flag" /></td>
<td><img src="pool_noodles.png" alt="6 pool noodles" /></td>
</tr>
<tr>
<td>6 cones</td>
<td>3 hula hoops</td>
<td>chair</td>
</tr>
</tbody>
</table>

1. Place Start and Finish flags at the beginning and end of the obstacle course.

2. Have players line up at Start flag like roller coaster cars. When the start signal is given, players will go through the obstacle course one after another.
Follow the Track

1. Put pool noodles down on the ground to make a track. Move between the pool noodles.

Loop the Loop

1. Put hula hoops on the ground. Move around each hula hoop one time.

Twists and Turns

1. Set up cones in 2 staggered lines. Move in a zig-zag pattern from one cone to the next.
Up and Down Hills

1. Sit in chair. When directions are given, players should move their bodies like they are riding in a roller coaster car:

   **Reach Up**
   
   raise arms up

   **Reach Down**
   
   reach arms down toward the ground

   **Lean**
   
   Hold onto chair and slightly lean to either side

2. Players should leave chair when they hear “ride is over” and move to the Finish flag.