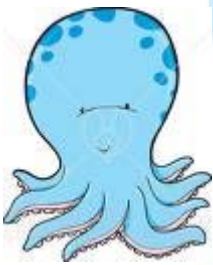


Running Games



Obstacle Course

Collect an old tire from the garage some rope; empty boxes, buckets and old plastic. Build your own obstacle course with your friends and run, jump, crawl and hop your way through it. If you have a stop watch time yourself and see if you can get faster each time you go through the course. Race your friends and once you become really good, make it harder.



Octopus Tag

With a group of your friends split into 2 lines about 20 yards apart on a field. The lines are the "shores" and the "ocean" is the area in between.

One person is selected to be the "Octopus". The Octopus wanders around the ocean while the rest of the players are swimmers standing on the shore behind one of the goal lines.

The object of the game is for the swimmers to cross to the other shore without getting caught by the Octopus. Swimmers dash across the water when the Octopus yells "Octopus". If the Octopus tags you, you must join hands with the Octopus until continue running around the field until all the runners are tagged

