

This activity contributes to the following badges:



Navigator Staged Activity Badge



Beaver Health and Fitness Activity Badge

The activity could also help towards:



Cub Disability Awareness Activity Badge



Beaver Disability Awareness Activity Badge



Cub Teamwork Challenge Award

Beavers | Cubs | Scouts

Play a DIY relay race

Planning a hike? Warm your section up to the challenge with this fun obstacle course to practise your navigation skills

Time 30 minutes (plus prep time)

Equipment

- paper and pens
- course obstacles such as cones, bean bags, chairs, hoops, buckets, etc
- map of the space
- masking tape, chalk or similar (optional)

Instructions

1 Begin by deciding where you're going to hold your obstacle course relay race; you need a large, uncluttered space, so a park, sports pitch, or inside your meeting place would do.

2 Now, design your obstacle course. The beauty of this activity is that you can make it as challenging as you like, depending on the age and ability of your section. The

course needs to be big enough for two players to navigate at the same time, with two distinct sides. You can include cones for young people to zig-zag around, tunnels to crawl through, hoops to hop in and out of... You could even include challenges along the way, such as needing to score a hat-trick of goals with a ball going into a bucket.

3 Once you have a clear idea of what your obstacle course is going to feature, you need to create a map for the young people to follow. You could even apply a grid system to your course and provide the young people with a number of grid references they need to follow to get through to the other side.

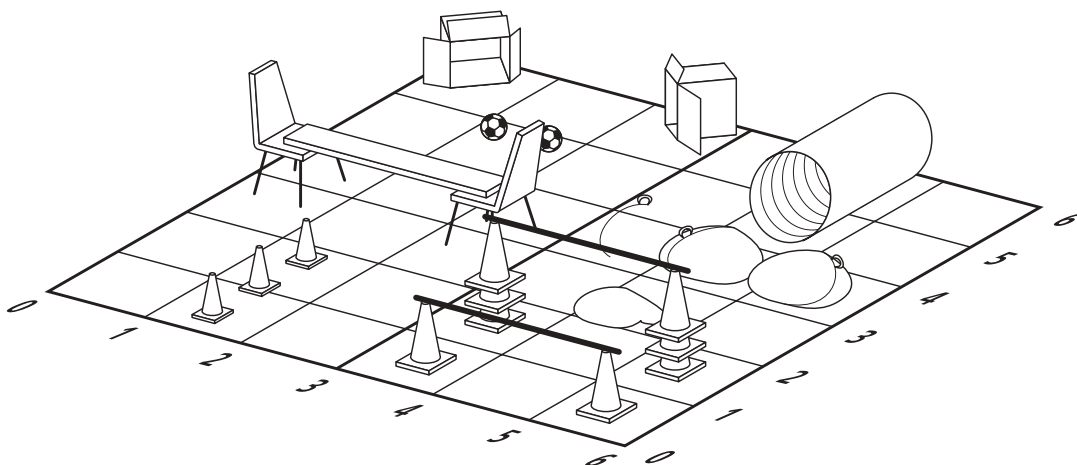
4 Set up the obstacle course and divide your section into two teams. Explain the obstacle

course and that they're going to be taking part in a relay race and that they need to work as a team to plot a route through the course. Each person can only take their turn when the previous player runs back to the beginning and taps their hand.

5 Now they're ready to play! The winning team is the first to get all its players through the course and back to the beginning again.

Take it further

Encourage your young people to navigate the course using a buddy system, where one young person is blindfolded and the other guides them through the course using words alone. It's a great trust-building exercise and can also spark reflective conversations about disabilities, inclusivity and accessibility.



Explorer Scout Young Leaders

Young Leaders could run this activity to develop their leadership skills while sharing their navigation skills with others.