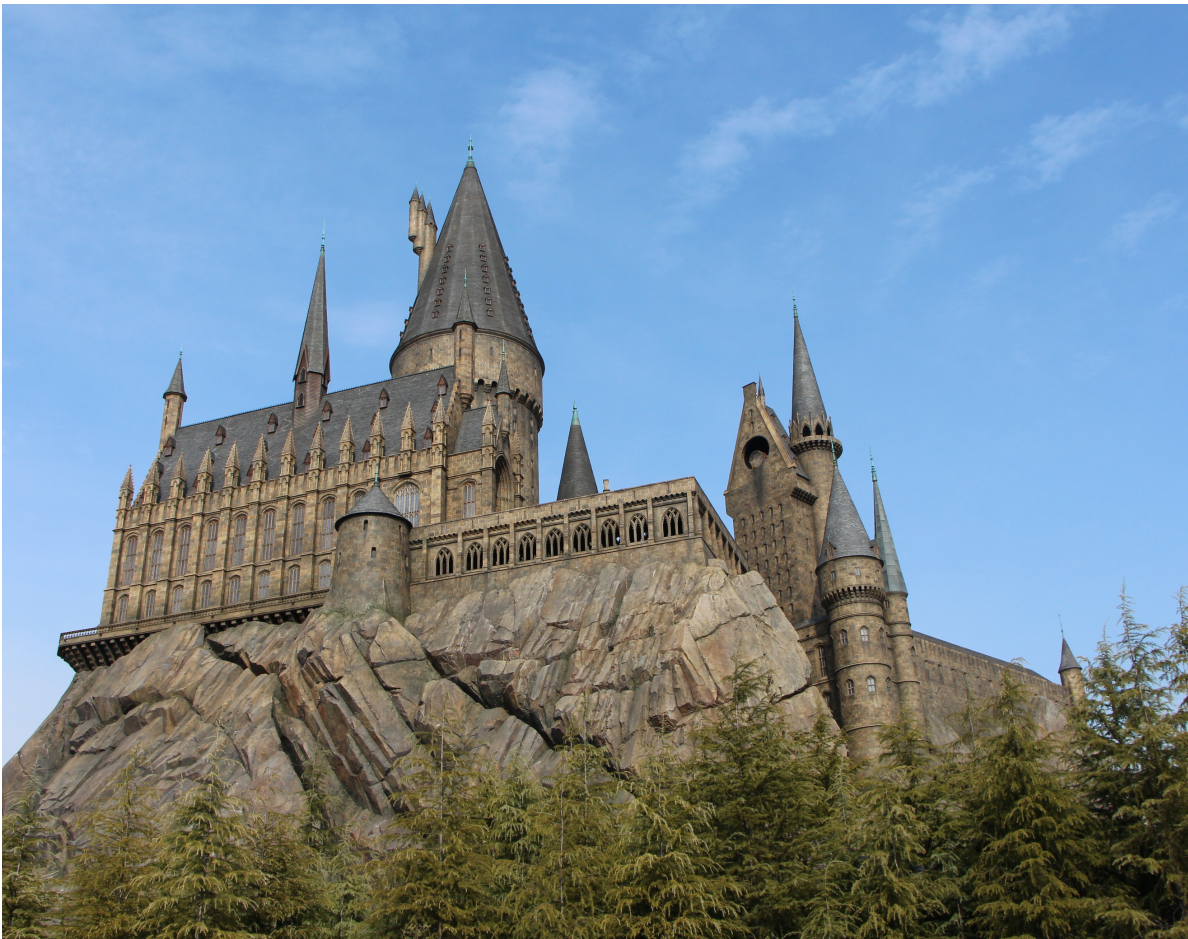


CBG 'n Me

-Quidditch Course -



Materials Needed:

- Ball
- Pool noodle or broom
- Fun items to create an obstacle course - jump rope, balls, chalk, blocks,
- For the goal - Hula hoop or bucket, trashcan

Instructions:

- Create your quidditch course by setting up objects to move around/over/through/under.
- Place a bucket/basket/trashcan/hula hoop at the end as the goal.
- Start at the beginning of your quidditch course, “Fly” through your course with a ball in hand.
- The goal is to make it through your course without dropping the ball and throw/toss it into the bucket/basket/trashcan/hula hoop at the end.
- You can time yourself and beat your own time. You can also race parents or siblings through their course.
- A variation - Instead of starting with the ball in hand, you can place balls along the course and pick them up as you run. The winner is the person who gets the most balls through the hula hoop.