It’s American Heart Challenge Event Day. You are bringing the obstacle course craze to your students. You turn on the lights. The obstacles course is set up. In a few hours, your students will be crawling, jumping, running, laughing, cheering - and having a great time. As the event gets going, feelings of achievement and strength fill the room. Your students learn to support each other. Cheer for each other. Push themselves a little harder. So pull out those cones, hoops, balls and ropes and let the games begin.

**Select a Location**

<table>
<thead>
<tr>
<th>Common locations include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym</td>
</tr>
<tr>
<td>Blacktop</td>
</tr>
<tr>
<td>Field</td>
</tr>
<tr>
<td>Other</td>
</tr>
</tbody>
</table>

**Choose Size of Event**

<table>
<thead>
<tr>
<th>Determine if your event will take place during class time vs. an all-day event.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scheduled class time</td>
</tr>
<tr>
<td>Each grade individually</td>
</tr>
<tr>
<td>Bring together entire school</td>
</tr>
</tbody>
</table>

**Choose Event Format**

<table>
<thead>
<tr>
<th>Determine if it will be free place or structured. Common formats include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Gym</td>
</tr>
<tr>
<td>Timed Competition</td>
</tr>
<tr>
<td>Stations</td>
</tr>
</tbody>
</table>

**Identify Equipment Needed**

Below is a list of common equipment, but other items may be needed depending on the obstacles you choose/your inventory.

- Turbo Scooters
- Tape
- Hula Hoops
- Jump Ropes
- Cones
- Floor Discs
- Balance Beam

**Select Activities**

- Pick 3 or more activities.
- Consider creating 3-5 lanes to spread the kids out.

*Suggested layout for Beginner, Intermediate and Advanced obstacles courses on the following page.

- Hop Scotch
- Hula Hoops as a Tunnel
- Cone Run, Cone Slalom, Cone Jump
- Balance Beam
- Limbo
- Hurdles
- Pull Ups
- Rope Climbing
- Bear Crawl

**Celebrate Your Students**

- Celebrate students taking a challenge.
- Recognize top fundraisers.
- Take photos and videos and share on social media with #americanheartchallenge

Post, share and tag #americanheartchallenge
WARRIOR! Activation Guide

BEGINNER COURSE

START

Hop Scotch (tape)

Hurdles (tape and cones)

Slalom Course (tape)

Balance Beam (tape)

Bear Crawl (tape and cones)

FINISH

Equipment Needed: tape and cones

INTERMEDIATE COURSE

START

Limbo (jump rope)

Hurdles (jump rope and cones)

Hop Scotch (tape or floor discs)

Hula Hoop x10 (hula hoop)

Bear Crawl (hula hoops)

FINISH

Equipment Needed: tape or floor discs, cones, jump rope and hula hoops

ADVANCED COURSE

START

Balance Beam

Slalom Course (cones and turbo scooters)

Pull Ups

Rope Climb

Bear Crawl (hula hoops)

FINISH

Equipment Needed: balance beam, cones, turbo scooters, pull up bar, hula hoops, rope climb