

800-METER STEEPLECHASE

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The Goal:

To run 2 laps around a 400-meter course while overcoming each obstacle.
Demonstrate aerobic capacity while running and muscular fitness while crab walking.

What You Need:

8-16 Hula Hoops, 4-12 Jump Ropes, Cones to mark a 400-meter course, Stopwatch

How To Play:

- Create a 400-meter course with 2 obstacles. At the 100-meter mark, create the first obstacle with a row of hula hoops across the width of the running lanes. Students can leap over the hoops, or they can step quickly inside the hoops. However, they may not touch a hoop. If they do, they move off the course and complete 3 burpees before continuing.
- At the 300-meter mark, create the next obstacle with 2 lines of jump ropes 10 paces apart. Students must crab walk from one line to the next before getting back up and continuing to run.



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