Postenlauf auf dem Spielplatz

Perfekt wenn man nicht all zu viel organisieren will, aber trotzdem Spass haben möchte.

Material

Must be adapted depending on the games or posts.

For example, for a sack race you need jute sacks or for an obstacle course ropes, buckets, etc.

Explanation

A normal children's playground can also be made into an exciting obstacle course or whatever. For example, stretch ropes over a bridge in a triangle as shown in the picture above or even ordinary passage tubes can be made into a perfect obstacle course

If such a post run or competition wants to be made even more exciting, it can also be made with prizes, in that the participants receive a point for each successfully mastered task, or in the case of group tasks, both receive a point and at the end the winner receives a small prize.

Groups

The post run can also be done with groups, depending on the tasks/posts, e.g. when leading "blind", two people are needed.

If groups, then in two groups. The three would always have to sit out one person.

Posts

Various post suggestions I show here, but these will need to be adapted depending on the situation and space, etc.

- Being led blindly through a course with obstacles with a basin full of water in your hand. Go for time. Group against group.
- Transport water with a sponge from one pool to another over obstacles such as a small climbing wall. Goes for time or directly two participants against each other.
- Rope pulling. Group against group.
- Recognize natural objects (branches, leaves, etc.) barefoot. Group members against each other.

Image credits

- **Cover photo:** Provided by Patrick Ackerman