

# W10056 Adjustable Height Hurdles

## Activity Guide / Assembly Instructions

### Contents:

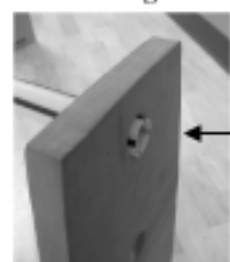
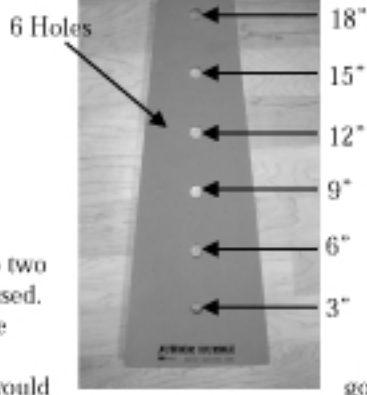
- 12 – Foam Side Supports (2 each in 6 different colors)
- 14 – Candy Striped Cross Bars
- 1 – Instruction Sheet

### Design:

Each side support has a series of 6 holes. The holes are slightly smaller than the cross bars, resulting in a press fit between the two items.

### Hurdles:

To create a hurdle, simply push one or more cross bars into two side supports. For a 3" high hurdle, a single cross bar is used. For higher hurdles it is recommended that two cross bars be used to improve the stability of the hurdles. One cross bar would go at the bottom (3" height location) and the other would go at whatever hurdle height is desired.



Cross bar shown pushed slightly thru side support



### High Hurdles:

With some additional effort, hurdles higher than 18" can be made. For high hurdles 4 side supports and 4 (3 also works, but the 4<sup>th</sup> adds a little stability) cross bars are used as shown.



### Agility Rectangle:

By inserting cross bars at the top and bottom and placing the side supports on their side an agility rectangle can be created. In this set-up, kids could hurdle across the length of the two bars or be required to step or hop into the center area.



**Goals:** With the cross bar set at the top height (or in the two highest positions), the "hurdle" could become a mini goal for floor hockey or similar activity.

**Crawl Under:** With the cross bar set at the top height (or in the two highest positions), the "hurdle" could become part of an obstacle course where kids would have to crawl under the hurdle without moving and or knocking it over.

**Net:** With 2 cross bars insert at the two top positions and by setting up 2 or more "hurdles" side by side, a net can be created. This net would be practical for use in "pickle ball" type games using our W4263 Lite Flite Balls, W9444 Economy Paddles and some floor tape.

