



Breakfast Games Obstacle Course Guide

Obstacle Course Stations

The obstacle course should consist of three key areas:

- MyPlate Station (Build My Plate)
- Dairy Station (Milk Carton Pyramid)
- Physical Activity Station (Milk Scoot)

Teams

- Create three teams of five students each.
- Use your FUTP60 Student Team and additional students if needed.
- Designate teams by using bandanas of different colors that can be tied around their right arms. You are not limited to using bandanas.

Equipment Needed

- 18 milk cartons to build pyramid (6 per team)
- 15 scooters
- 18-30 hula hoops
- Printables (files provided by Dairy MAX)
 - MyPlate picture (3)
 - Food cutouts (3 sets of 5)
 - “[heart] MILK” letters (3 sets)

To Consider

- How is the space laid out for the obstacle course? There are three lines/courses total.
- Find time to rehearse with your teams so the entire game is completed in 5 minutes.
- Where will your audience sit?

Course Time and Flow

1. The game can be completed in 5 minutes.
2. Each team will have a scorekeeper (teachers or other school staff).
3. Each team will line up to go through each activity one member at a time, relay style, until they all reach the end. At the end of the course, each student grabs a large printed letter and holds it up until the entire team spells out “[heart] MILK”. The first team to spell it, wins.



Activity 1: Build MyPlate

- Students stand behind a designated starting line. Food cutouts will be lined up at starting line.
- A horn, whistle or “ready, set, go!” starts the activity.
- The first student grabs a food cutout, crabwalks to the MyPlate and places the food cutout in the correct spot.
 - Scorekeeper will be standing next to MyPlate.
- Student crabwalks back to team and high fives the next student to do the same with the next food cutout.
- Once the MyPlate is correctly completed, the scorekeeper will give a thumbs-up to the team.
 - If a food cutout is not in the correct spot, scorekeeper will allow last student to fix it.
- Entire team runs to second activity. Scorekeeper will move to Milk Carton Pyramid location.

Activity 2: Milk Carton Pyramid

- The scorekeeper runs to the pyramid building site (designated with one milk carton as guide) and tells their team to “Go!”
- First student will grab one milk carton and “tire-hop” through hula hoops on the floor.
- Student lays milk carton on its side to start a pyramid, then continues to Activity 3.
 - Scorekeeper gives thumbs-up to the next student to start.
 - If the pyramid falls over, the student who knocked it down must rebuild it.
- Once milk carton pyramid is built (three on lower level, two on middle level, one on top) scorekeeper gives audience thumbs up and runs to finish line to ensure last activity is complete.

Activity 3: Milk Scoot

- Student grabs a letter, uses a scooter to scoot to the finish line and holds up their letter.
- Team that spells out “[heart] MILK” first is the winner.