



Obstacle Course



5 mins



3 - 5 years

Experience

Set up a course where children participate in a range of physical movements. The obstacle course should encourage children to crawl under and over things (tables and chairs, homemade tunnel using a blanket), jump over things (recycled boxes, soft toys) and throw items (rolled up socks, small balls into laundry baskets/ boxes).

Children could hop or skip around objects (cushions, boxes.) There is no right or wrong way of setting up an obstacle course, just have fun and be active.

Learning benefits

- Increases gross motor skills (large muscle skills)
- Improved co-ordination
- Increased agility and balance
- Development listening skills

Materials

Tables, chairs, socks, balls, scrunched paper, soft toys, blankets, cushions, boxes

Hints and Tips

Can be set up indoors or outdoors

Encourage children to make their own obstacle course

Use variety of words: under, over, around, across, through, behind, in front of