

Obstacle Course

Instructions:

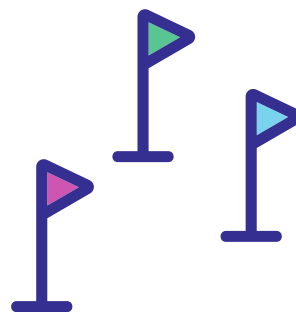
1. Create your own obstacle course with materials you have at home or you can have the child follow simple instructions.
2. Give instructions to the child for your obstacle course.
3. You can have the child use different moves throughout the obstacle course. For example, having the child crawl, jump, run, and walk a distance.
4. This is your own unique obstacle course and can be created in different ways.

Questions to extend learning:

- Can you crawl under the box?
- Can you jump over the small container?
- How fast can you walk?
- How many steps do you need to take to get to the container?

Materials:

- None or you can use materials you have at home.



What will children learn?

The child will learn to practice physical development skills such as agility, balance, and coordination. The child will also practice math concepts such as under, over, counting, language, and communication skills by listening and following direction during this activity.