

Get Moving! Obstacle Course

Learning Objective:

Students will boost their physical development by exploring various ways of moving.

What to do:

1. Make an obstacle course in one of the rooms in your home by arranging pillows, chairs, cardboard boxes, or other objects, that will allow your child to run around, climb over, crawl under or go through.
2. Discuss safety rules with your child before beginning the obstacle course and throughout the activity as you monitor your child.

Questions:

- What is your favorite part of an obstacle course?
- How can we make the obstacle course better?
- Why is it important to run, climb and crawl?
- What animals do you know that crawl?

Materials:

Couch
Chairs
Pillow
Boxes
Toys

Extension:

1. This activity can be extended by timing your child as they go through the obstacle course.
2. This activity can be extended by reciting the alphabet while going through the obstacle course.

**Why is this activity important?**

This activity is important to get children moving, building and strengthening large muscles in the body.