



Learning At Home Activity

Make an Indoor Obstacle Course

Directions:

Push aside some furniture, or use your furniture, and practice gross motor skills!

- Set out a laundry basket and use balled up socks to practice throwing and accuracy.
- Line up chairs in a row and have your child crawl underneath.
- Tape down some yarn or string for a makeshift balance beam.
- Do moves in place, like running, jumping and hopping.
- Use a timer for timed relays.
- Practice some yoga moves.

There are an infinite number of possibilities! These are just a few ideas for indoor obstacle courses.



Extend the Activity: Feel free to incorporate your child's specific interests and incorporate him in the brainstorming process. For example, if your child plays soccer, create a station that mimics scoring a goal in soccer. Or, if your child is a ballet dancer, create a station where you must complete three plies before moving forward.