

Set up an Obstacle Course!

MOVEMENT

ACTIVITY

Obstacle courses can be simple to set up! They support your child's gross motor skills, as well as problem solving and decision making skills.



What you need:

Anything you can find in your house, including:

- Masking tape
- Small chairs
- Cushions and pillows
- Buckets and balls
- Plastic plates
- Hula hoops
- Plastic trays and small toys

Language you can use!

+ Label the actions you see your child doing e.g. "You're crawling", "Great jumping and stepping!"

+ Talk about place words e.g. "under the chair", "over the cushions", "into the hoops".

What to do:

Using the things you've found, make "stations" of activities:

- + Masking tape – stick lines of tape on the floor for children to walk along or jump across to.
- + Balls – Kids can throw small balls in a bucket.
- + Hula hoops – lay them on the floor for kids to jump through.
- + Plastic plates – can be used as stepping stones or for frog jumps!
- + Plastic trays – good practice for balancing! Place lego towers, small balls or toys on the tray for children to carry to the next station.
- + Cushions and pillows – can be stacked on the floor or couch to create a "pillow mountain!"
- + Small chairs – kids can climb over or crawl under these.

What your child is learning from the Early Years Learning Framework (EYLF)

- + Outcome 1: Children have a strong sense of identity
- + Outcome 3: Children have a strong sense of identity