

Healthy Movers

Moving: Obstacle Course

Benefits: Helps children to talk about what they are doing.

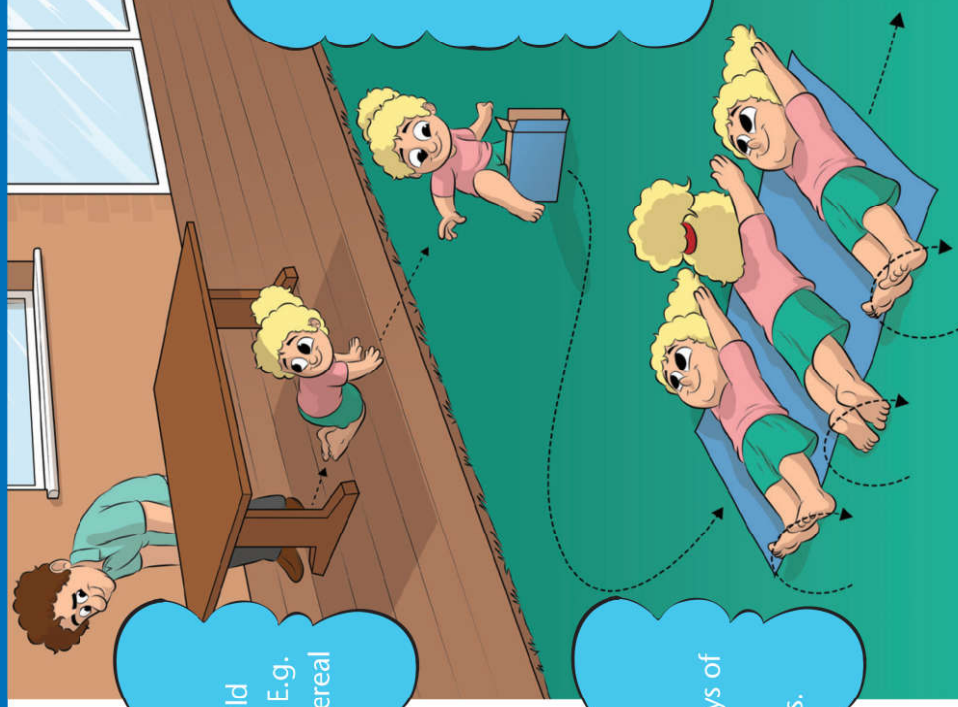


YOUTH
SPORT
TRUST

Where to play: Indoors or outdoors.

Equipment: Things to move around, under or over.

Safety: Lots of space.



Activity 1

- Set up an obstacle course with your child and talk about how to move around it. E.g. Crawl under the table, jump over the cereal box, roll along a towel.

Activity 2

- Ask the child to come up with new ways of moving around the course, skipping, hopping, jumping, changing directions.

Activity 3

- Can the child make up a story to go with their course?
- Ask the child to take another person around the course and tell them about it.

Change it: Easy – Help the child to come up with ideas for moving, maybe like animals. Hard – Make more obstacles.