

## Play-based learning at home

# Obstacle Course Experience

## Why an obstacle course?

An obstacle course is an experience that your child can participate in using everyday items that you will be able to find within your home and can easily be adapted.

An obstacle course will assist in your child's:

- Gross motor development, as your child moves around the course.
- Spatial awareness, developing an understanding of their body movements.
- Co-ordination.
- Persistence to complete the course.

## Here's what you'll need:

- A ball and box to throw or kick the ball into.
- Two cushions.
- Adult chairs and fabric to place over the top.
- Wool or a long strip of fabric for your child to balance along.
- Bucket/basket and screwed up paper/soft toy to throw.

## How to start:

- Set up the materials in an order of your choosing and explain or demonstrate to your child what they are required to do.

## Here's how to do it:

- Place the bucket on the ground with the screwed up paper/ soft toy in front of it, the idea is that the object will be thrown into the bucket/basket.
- Place a chair on either side and drape the fabric over the top, allowing enough room to crawl between.
- Place the cushions on the ground with space between for the child to jump over.
- Lay the wool on the ground, this provides an opportunity for walking along and balancing on the wool.

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- Place the box at the end of the course with the ball, with the aim of kicking the ball into the box.
- Make your way along the course and have fun!
- The course can be changed as required.

