

How to Use Obstacle Courses:

1. Each "step" of an obstacle course can be used, individually, as its own movement, rather than doing all the "steps".
2. Can use entire obstacle course & add an additional "academic component" to it.

1. Concepts: "over, under, & through"

Moving Minds May 2015

Equipment	Set-Up	Activity	Target Skills
<ul style="list-style-type: none"> • Shelving with holes on back. • Knex or golf tees. • Table. • Rock wall. • Pink boa. • 2-3 chairs. • Blanket. • Large cart with opening for children to go through. 	<ol style="list-style-type: none"> 1.) Turn shelving so back with holes are facing children. 2.) Place table on its side. 3.) Suspend boa by rock wall. 4.) Line up chairs to form a tunnel. 5.) Place blanket over chair tunnel. 6.) Large cart placed near chair tunnel. <p>Refer to pictures.</p>	<p>This course was used to go along with "Going On A Bear Hunt".</p> <ul style="list-style-type: none"> • Child sticks K-nex in hole. • Child goes "over" the table. • Child climbs sideways on rock wall to go "under" the pink boa that is suspended from ceiling. • Child commando crawls "through" the chair tunnel, comes out and goes "through" the large cart. 	<ul style="list-style-type: none"> • Strength • Balance • Coordination • Motor planning & body awareness. • Concepts "over, under, through".



Step 1 of Obstacle Course: Back side of shelving.



Friendship Children's Center Moving Minds 2015

Close-up with K-nex in holes (also can use golf tees).



Picture of entire obstacle course set-up.



Step 2: Table placed on its side. Pink boa on it for children to go over.



Child demonstrating the movement to go “over” the table. Though not shown, for safety an adult was holding table to ensure it didn’t move.



Step 3: Children went to the rock wall. They climbed under the pink boa.

Step 4: Children went “through” the chair tunnel & “through” the cart. Boas were attached to provide sensory stimulation.