

Obstacle Courses

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: under, in /out, up / down

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Equipment	Set-Up	Activity	Target Skills
<ul style="list-style-type: none"> • 2 - 3 Chairs or tunnel • 4 - Hula hoops • Raised surface • Mat or soft surface. 	<p>1.) Chairs are lined up to form a tunnel.</p> <p>2.) 3- Hula hoops are arranged lying on floor at low, medium, & high heights.</p> <p>3.) 1- Hula hoop is placed vertically.</p> <p>4.) Raised surface with "X" placed on it using masking place to indicate where child should stand.</p> <p>5.) Mat or soft surface placed adjacent to table by "X".</p> <p>Refer to pictures.</p>	<ul style="list-style-type: none"> • Child commando crawls "under" the chairs. • Child jumps "in / out" of the hoops that are placed at various heights. (Encourage &/or assist child to jump taking off and landing on 2-feet). • Child goes "through" the hoop which is placed vertically. (Encourage child to go carefully through the hoop without touching &/or moving it). • Child climbs up onto raised surface and stands on the "X". • Child jumps down to the mat or soft surface. (Encourage &/or assist child to jump down taking off & landing on 2-feet). 	<ul style="list-style-type: none"> • Strength • Balance • Coordination • Motor planning & body awareness.



This obstacle course starts at the chairs and ends at the raised surface (table). It has 5- "steps": chair tunnel ("under"), hula hoops for jumping ("in / out"), vertical hula hoop ("through), table ("up") and soft surface ("down").



The three hoops were placed a different heights. Children did a “low” jump, “medium” jump and a “high” jump. Foam blocks were used, but anything that you have available in your setting can be used. The hoops were taped to the foam blocks to make the set-up more stable.



How to position a hula hoop vertically so child can go “through”. This movement works on developing a child’s body awareness. How to position a hula hoop vertically so child can go “through”. This movement works on developing a child’s body awareness.



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A table was used as a raised surface. Child stands next to it using his arms and legs to climb "up" onto it. An "X", from masking tape, was placed on table to indicate where child should stand before jumping down onto the soft surface. This school had a large cushion which can allow the child to jump down & crash. If just using a mat, child should jump down & stand only as that surface is not soft enough for crashing.