

## Animal Obstacle Courses

Set up courses that will encourage children to move their bodies in different ways, throw, catch, kick, climb over objects, crawl through tunnels or slither under equipment.

Encourage different movements and skills such as run in and out of cones, jump from spot to spot, carrying beanbags on different body parts, and skip from place to place.

Challenge children to travel in different ways, i.e. walk, run, hop, skip, jump, walk backwards, etc.

Use soft play equipment for rolling, sliding and crawling.

Place the picture of an animal next to the different sections of the course to encourage children to move in that way. The imaginative aspect will make the activity interesting and exciting for children.

Encourage children to create their own courses and share with other children.

Include climbing, swinging and hanging activities to help develop upper body strength.

Sneak in a fine motor skill such as digging in the sand pit, using tongs to place pom-poms into a container or threading beads. This is great for children who find it hard to sit still to do fine motor activities.

When children are confident with other games/activities combine them to make obstacle courses, e.g. Beanbag Relay Race (throw a beanbag into a container), Jumping and Hopping activity, Balancing and Tightrope.

Use weekly skills.

### Benefits

This develops gross motor skills (and fine motor skills), balance, coordination, spatial awareness, agility, pathways and hand-eye coordination.



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