

Animal Obstacle Courses

Equipment

Cones

Mats

Benches

Tunnels

Spots

Fine motor materials such as pom-poms, large tweezers, beads, etc.

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. Some ideas:

- Cat: Crawl through a tunnel
- Rabbit: Hop over a bench
- Snake: Slither on a mat

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 (give them an amount to count out, good for mathematics). 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 Mini Moves Skills of the Month – Run, Roll, Bounce

Benefits

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

Areas of Learning this activity covers

Mathematics & Numeracy

- Children count reliably with numbers from 1 to 20, place them in order and say which number is one more or one less than a given number.
- Using quantities and objects, they add and subtract two single-digit numbers and count on or back to find the answer.

Language, Literacy and Communication



- Children listen attentively in a range of situations.
- Give their attention to what others say and responds appropriately, while engaged in another activity.
- Children follow instructions involving several ideas or actions.

Personal, Social and Emotional Development

- Children play co-operatively, taking turns with others.
- Children are confident to try new activities, and say why they like some activities more than others.

Knowledge and Understanding the World

- Children know about similarities and differences in relation to places, objects, materials and living things.