

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

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.

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.

Some suggestions::

Dog - Crawl under/through

Snake - Slither along the mat

Flamingo - Stand on one leg

Giraffe - Tip Toe across

Cheetah - Run

Monkey - Hanging/climbing over

Squirrel - Leap around and pick up small buttons/stones (fine motor)

Hedgehog - Roll on the mat



Dog



Hedgehog



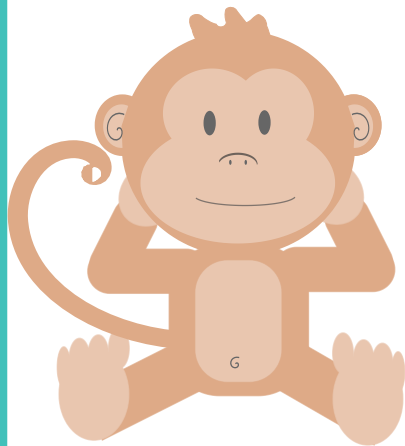
Flamingo



Giraffe



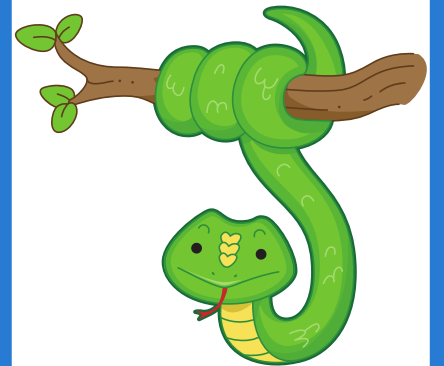
Cheetah



Monkey



Squirrel



Snake