



Obstacle course



Points of contact



pathways



Challenges



Move around in different ways

QR code

Description

Obstacle Course Ideas:

- Direction: Backwards, forwards, sideways, under, over, through.
- Points of contact: two feet two hands, two feet one hand, one foot one hand, one foot two hands, two to two, one to one, two to one, one to two, belly up, belly down, soldiers, crawling, animals.
- Challenges: balancing a beanbag (head, back foot).

Teaching Points

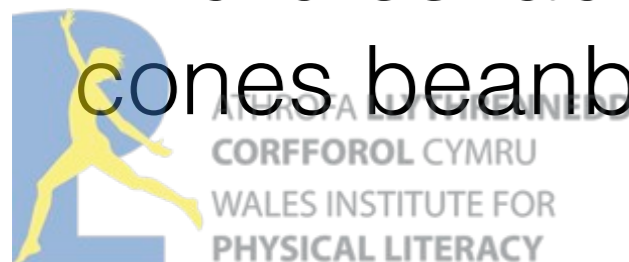
Obstacle courses can be used as common garden. Children can get use to how they work and set challenges between themselves. They can also be used for other learning.

Curriculum links

PD: Control body movement, develop gross motor skills.

Equipment

Hurdles ladders, spots, boxes, cones beanbags, benches, box tops and tunnels



Number of children

One garden, small group around 8 pupils