

## Obstacle Course at Home:

Begin by having a starting line and an end line for the obstacle course. Try using a timer each time your child completes the obstacle course and have them do it a couple times and see if they can beat their previous time.

Movement ideas you can do between tasks: crab walk, bear walk, slither like a snake, walk backwards, walk sideways, dance, walk with eyes closed, walk with a book on their head, skip, gallop, leap and so on.

### 25 different task ideas can include:

1. Crawl under or over a row of chairs.
2. Crawl under a string stretched between two chair legs.
3. Jump into and out of a Hula-Hoop five times.
4. Walk on a balance board or a straight line of some sort.
5. Throw a beanbag (or a ball made out of socks) into a laundry basket.
6. Run while balancing a beanbag on your head.
7. Do a ring toss.
8. Play one hole of golf.
9. Ride a tricycle along a predetermined route.
10. Roll from one point to another.
11. Do a handstand (while being spotted).
12. Skip in place while reciting the alphabet or counting by 10's.
13. Do ten jumping jacks.
14. Drape a sheet between two chairs, where your child has to crawl under or limbo under.
15. Pile some pillows that your kid has to "mountain climb" over.
16. Put a small bouncy ball on the floor, which your kid has to pick it up with her toes and drop it into a bucket.
17. Place a toy that rolls at one station and have your kid push it with his nose to the next station
18. Lay out large books, pillows or cardboard squares as stepping stones. Ask your child to step from one to another without touching the floor. Pretend you are crossing a river and don't want to get wet.
19. Lay out a blanket, ask your child to sit on it, and drag them to their next task
20. Set out some blocks and get your child to build a tower using however many blocks they are currently able to stack, before moving on to the next station.
21. A rocking horse can be a fun station. Count as your child rocks, or sing a nursery
22. Include an egg and spoon race, using a small ball that has to be carried in a large spoon.
23. Make a circle or square on the floor using tape, then jump in and out a set number of times.
24. Tie streamers or tape across the room or across a hallway for your child to crawl under.
25. Put a selection of toy animals in a basket and have your child pick one and pretend to be that animal or walk like that animal to their next task.

Please share pictures of your obstacle course for the MPH PHYS ED Instagram 😊