

Activity Name:	Running Obstacle Course	# 00178
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My Child Learns:	<ul style="list-style-type: none"> • Balance and coordination • Direction – under, over, around and through • Large muscle development
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What Do I Need?	<ul style="list-style-type: none"> • Any household objects or outdoor furniture and play equipment. • Rope or masking tape
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How To?	<p>Using your rope or masking tape, design a course for your child to follow. Throughout the course, place objects (safely) for your child to go under, over, around and through. You may have to go first to show your child how it's done.</p> <p>Encourage your child to run around the course, weaving in and out of the obstacles. Each time your child attempts the course they will become more confident. Remember to always be positive with your child's attempts.</p> <p>When designing a course for children, please ensure that all objects are safe and secure to the ground with no sharp edges. Make sure that no equipment is above 50cm high without having appropriate soft fall.</p>
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Developmental Areas

✓	 Cognitive	✓	 Language
✓	 Social	✓	 Emotional
	 Fine Motor	✓	 Gross Motor

* Click on any of the links for more information about developmental areas