

Outdoor Obstacle Course



Activity: The children will use gross motor skills to complete a series of activities in an outdoor obstacle course.

Objective

Children will coordinate their movements with balance, control, and intention to complete a series of gross motor activities.

Targeted Standards

I. Physical Development

- I.B.a.1.** Demonstrates use of large muscles for movement, position, strength and coordination
- I.B.b.1.** Uses perceptual information to guide motions and interactions with objects and other people

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Checking for Understanding

Children will demonstrate their understanding of the activity by, attempting or completing each movement.

Scaffolding

- Provide modeling, assistance and encouragement as necessary. Modify the activities to match the interest and ability levels of the children.
- To decrease the level of difficulty, use large buckets for the beanbag toss and a large ball for bowling.
- To increase the level of difficulty, use a sand timer and challenge the children to complete the course within a specified time frame.

Extensions

- Ask the children to think of other activities they may demonstrate using the materials.
- Invite the children to draw a map of the obstacle course. Ask them to share their favorite activity.

Materials Needed

A variety of materials may be used to set up the obstacle course:

- Balls
- Beanbags
- Buckets
- Jump ropes
- Yarn
- Plastic bottles
- Pool noodles and pens
- Traffic Cones
- Plastic eggs and spoons
- Sand timers, etc.

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Procedures

1. Build Your Own Obstacle Course by choosing several activities from below.
2. Walk the children through the course providing detailed directions for each activity using spatial vocabulary (i.e., around, through, over, under, etc.).
3. Encourage children to cheer for their classmates as they participate in the fun.

Hula Hoops - Lay several in a row and ask children to hop into the center of each.

Pool Noodle Tunnels or Hurdles - Poke a pen into the ground. Slide one end of the pool noodle over it; the pen will go into the hole in the middle of the pool noodle. Do the same thing on the other side. Children may crawl through them or jump over them.

Beanbag Toss - Set a bucket of beanbags on the course. Provide an empty bucket 2 feet away. Challenge the children to toss the beanbags into the empty bucket.

Jump Rope Balance - Place a jump rope on the ground. Ask the children to walk along the rope placing one foot directly in front of the other.

Traffic Cone Weave - Place several traffic cones a foot from each other and guide the children to maneuver around them by weaving in and out. This activity may also be used with a tricycle.

A Length of Activity - Use traffic cones, bright colored scarves, or placemats to mark off a length of space (5-7 feet). Ask children to move along that space while completing an activity (i.e., balancing a beanbag on their head, hopping on alternate feet, carrying a plastic egg on a spoon, crawling backwards like a crab, etc.).

Zig Zag Walking - Using yarn, create a zig zag line several feet long. Invite the children to quickly zig and zag as they cross over it.

Bottle Bowling - Arrange empty, plastic soda bottles in a triangle. Provide a playground ball and a starting place. Encourage the children to roll or kick the ball and knock the bottles down.