



# OBSTACLE COURSE

*Get moving and grooving inside your home!*

## Big Idea:

Strengthen sequencing skills, balance and bilateral coordination, motor planning and more.

## Materials:

- Hula hoops/cones
- Pillows
- Tunnels
- Tape/rope
- Pillows
- Any items your child can engineer with

## Directions:

1. Look around your home for a variety of different objects and materials.
2. Place the objects in a row or around a room to create an obstacle course. Think about different ways to climb, run, jump and crawl.
3. Take turns completing the course.
4. Ask yourself if there is anything you would like to add or change?
5. For added fun, use a timer to document how fast you go through it.

Can you beat your last time?

