

ACTIVITY PLAN 28 – OBSTACLE COURSE

Aim

To improve climbing ability, co-ordination and balance skills

Age

3–5 years

Equipment

Playground equipment such as a slide and trestle, tunnel (or cardboard box), balance board (or wood plank), blocks for stepping up and down, hoops, ropes and mats, low hurdles, a wedge

Area required

Large outdoor space

Time

10 –15 minutes

How?

Organise an activity obstacle course using a variety of climbing equipment e.g.

- Slide, tunnels or chairs
- Climbing tressle with balance board
- Low balance beam
- Blocks for stepping up and down
- Hurdles or obstacles for stepping or jumping over
- Soft surfaces for walking on, slopes to walk or roll down.

Demonstrate each activity of the obstacle course to the children. Have children start on different stations of the course. Once they complete one station, move onto the next.

Safety

Close adult supervision is required for any activity where the equipment is raised off the ground or where children may require additional support.

Easier

Provide the child with assistance to work through each item of equipment or reduce the number of activities.



Harder

Add more activities to the circuit.

Key points

Skills involved in climbing:

- Children should always hold onto the equipment (not a person) for support
- When climbing up place hands up onto a higher rung and then step up with one foot then the other (older children will develop the ability to climb using alternative arm/leg pattern)
- When climbing over the top of a trestle it is important for the child to learn to place hands to one side and lift one leg at a time over the trestle. They need to turn their body as they climb over the top of the trestle
- When climbing down backwards, instruct the child to bring one foot down to the rung below, feeling for it with their foot. Then bring the second leg down, followed by their hands. Repeat if there is another rung.