

Obstacle Course

Develops co-ordination, balance and problem solving skills



Navigating a homemade obstacle course helps your child to practice many different movements and develop their co-ordination and balance skills.

Start by collecting some of these items from around your home: rope or hose | broom stick | chalk or tape | washing basket | boxes | variety of objects for stepping over | wood plank | material | chairs | cushions

Set up your equipment in a large circular shape on the ground. Ideally there should be equipment to practice: stepping up and down or over (eg blocks, toys) | moving in and out and through (eg boxes, sheet over chairs, broom between chairs) | stepping or jumping over (eg large cushions) | climbing (eg chair) | balancing walking on a straight line (eg rope, line of socks, broom handle, wood plank) - the set-up is only limited by your imagination. Allow your child the freedom to modify the course and explore different ways to move around it.



Baby play idea
Create a crawling course with tunnels, pillows and different textures.



Family fun
Kids love it when their parents play too. Crawl, balance and jump with your child.



Indoor / Outdoor play
Suitable for inside and outside active play. Head outdoors for a boost of fresh air.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org