

Activity:

Obstacle course

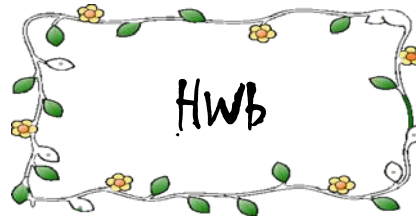
Discuss and plan an obstacle course.

Outdoors build the course.

Allow time for children to become familiar with it.

Children who wish to could be timed and then try to beat their personal best.

Children who want challenged could discuss how to make it a little harder.



CfE

I am developing my movement skills through practice and energetic play. HWB 0-22a

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. HWB 0-21a

RESOURCES:

- Timer
- Paper and pens

Exploring

Be part of the team planning the obstacle course.

In twos, take one part of the course and build it.

Then choose another obstacle to build

Building

Be part of the team planning the obstacle course.

In twos, take one part of the course and build it.

Then choose another obstacle to build.

Think of how you could make one obstacle a little more challenging but still comfortable for the whole group

Reinforcing

Be part of the team planning the obstacle course.

In twos, take one part of the course and build it.

Then choose another obstacle to build.

Think of how you could make one obstacle a little more challenging but still comfortable for the whole group.

How can you introduce risk safely in your course.

Apply (Benchmark)

Is developing postural control performing physical actions. Moves at different speeds - slowly, steadily and quickly. Shares with others and shows consideration during energetic play.

Is aware of ideas, thoughts and feelings of others. Takes turns with others to use equipment safely.