

Obstacle Courses

Indoor and outdoor obstacle courses are great for our students. These activities encourage kids to problem solve, develop physical fitness, and enhance gross motor coordination. This is called sensory gross motor integration: Below we will list some examples of obstacle courses that you can do at home. The most important thing is to allow our children to use their own equipment and imagination to make their own obstacle course.

UPK-2

Equipment: Use chalk, cans, noodles, jump ropes or ropes, safe objects to go under and over.

Shapes and directions: Diagonal, curve, circle, square, zig zag, etc.

Themes and Words: high, low, near, far, inside, outside, near, far, under, over.

Locomotor movements: walk, jog, gallop, slide, skip, tip toe, leap, jump, hop, etc.

Use themes: take characters from books, places in the community, make up stories and act them out.

Ways to differentiate courses: Height, distance, time, and using different equipment.

Grades 3-5

3-5 obstacle courses focus on developing speed and agility, cardiovascular endurance, strength, and balance. We could pretend they are gladiators or ninjas going through the course. Trying to be gymnasts or track and field junior Olympians, etc.

5 WAYS KIDS BENEFIT FROM OBSTACLE COURSE TRAINING



SEQUENCING AND MEMORY:

By presenting a multi-step activity, children can develop their ability to sequence and memorize specific portions of a task.

SENSORY INPUT:

Through a variety of obstacles, children will access a wide range of different sensory input, including proprioceptive, linear, side to side, and rotary.



STRENGTH AND BALANCE:

As a child goes through an obstacle course, their strength and balance will all be tested and improved depending on each different obstacle they encounter.

MOTOR PLANNING:

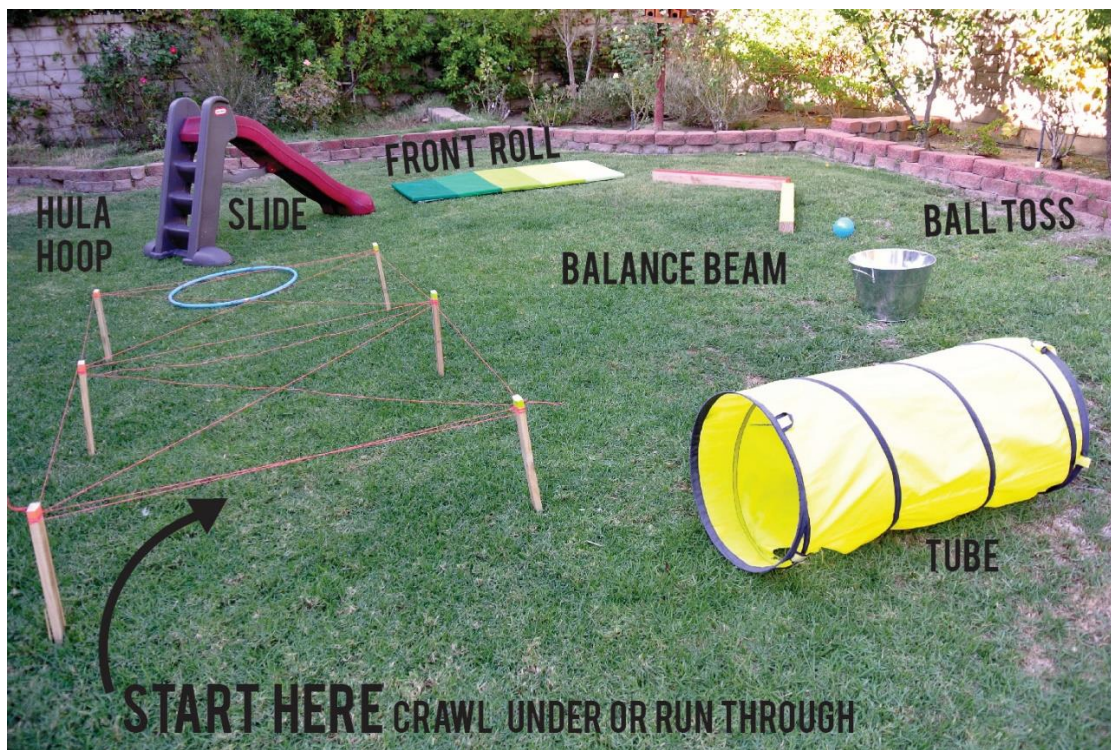
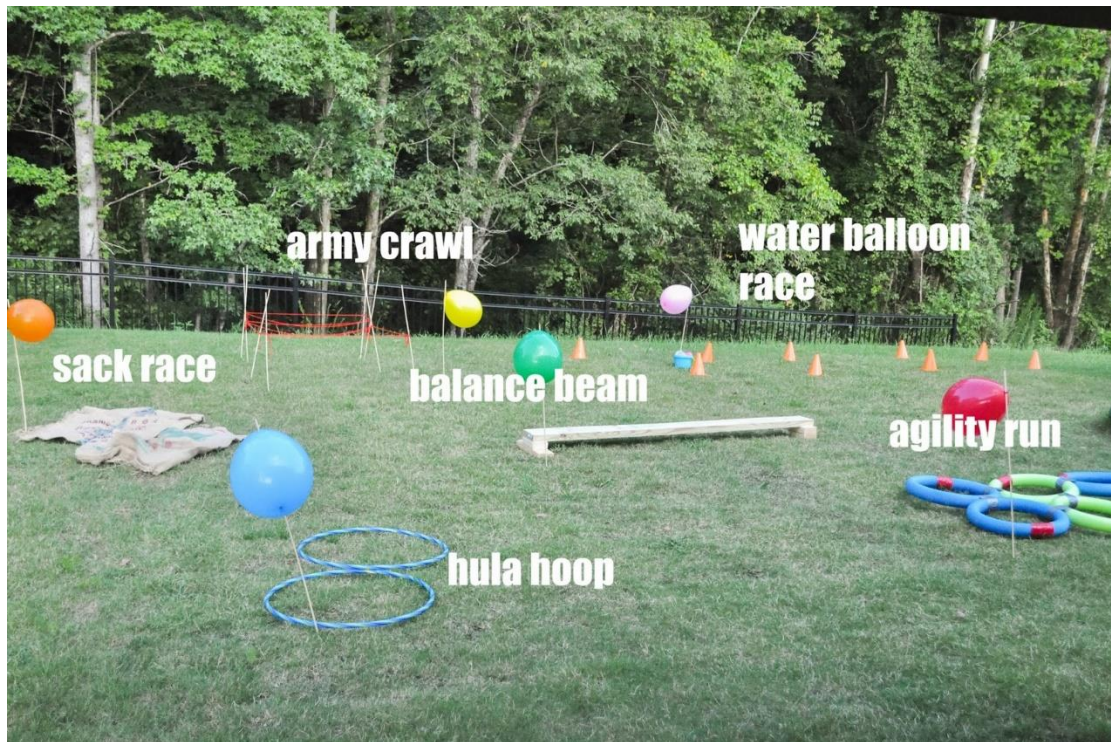
This skill is what allows people to remember and follow through with steps to complete a motion, which is clearly developed through obstacle course training.



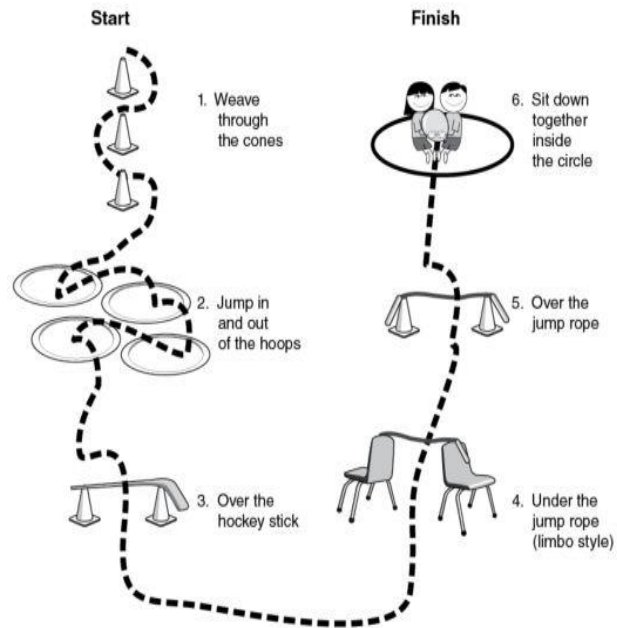
BILATERAL COORDINATION:

Because an obstacle course requires a range of movement covering the whole body, it provides ample opportunity to develop coordination between body parts.

Examples of Outdoor Courses:



Example of an Indoor Course: Make a theme, for example: the cushions or steps are lava rocks, climb the mountain, and don't fall into the water and watch out for the fish so we need to balance as we travel across the log, etc.



Example of Chalk Course:



Ask yourself:

Did I make my heart beat faster ?

What did I like or dislike about today's challenge?

What might I add or change for my next obstacle challenge ?

Are obstacle courses important in my overall health and fitness ?

UPK-2: Draw a picture of how you felt doing the obstacle course you completed 😊

*****If you can send a photo or video of your course.**