

Indoor/Outdoor Obstacle Course



Summer

P

Preschoolers
2.5 - 4 years

The students will follow the order of the obstacle course that the teacher has prepared and stay in correct order trying best to successfully complete each obstacle and make it to the finish line.

Learning Outcomes

Domain:

Physical

Skills:

Waiting Turns

Indicator:

Balance on a balance beam

Climb through small spaces

Wait in line and respect other

children's turns



Materials

- Pool noodles
- Orange cones
- Soccer ball and goal
- Hula hoops or 12" rings
- Balance beam or long piece of wood (4x4 beam or similar)
- Bean bags
- Basketball and basket OR bucket



Instructions

Step 1: Have a "starting line" using orange cones.

Step 2: Have hula hoops or large rings set up two by two so that children have to run with one foot in each hoop.

Step 3: Then have pool noodles resting on chairs or elevated using ground stakes to be hurdles that kids have to jump over.

Step 4: Next, have bean bags that a child has to spin and then toss as far as they can (like shot put) ahead of them into the area where there are cones.

Step 4: Then, have a basketball that a child has to make 2 shots into a basket bucket or hoop.

Step 5: Then, the child must kick the soccer ball around the cones and make a shot into the goal.

Step 6: Lastly, the child must walk across the balance beam to the end and cross the finish line.

Step 7: You can make medals for each child to wear at the end. You can even have a little ceremony with music and your country's anthem played!

Playful Questions

- What makes you balance on one foot?
- How come some people run faster than others?
- How far can you jump?
- What would you like to add to this obstacle course?
- How could we make it harder?



