



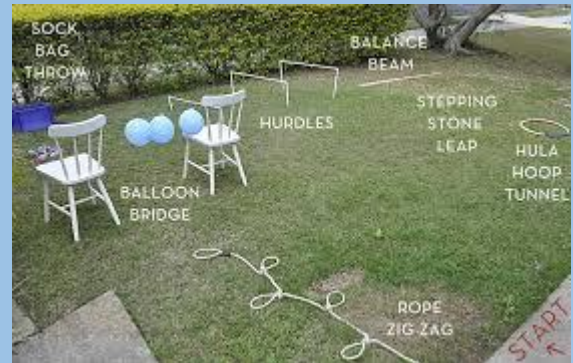
EYFS/KS1 Home Learning - Obstacle Course

Things you could use

Chairs
Rope
Hula hoops
Stones
Tunnels
Boxes

The list is endless!

All equipment can be swapped for something else that is similar based on what you have at home.



Activity

This activity is to encourage children to engage with physical activity and promote balance, gross motor skills ability and to have fun! Please encourage the pupils to collect their own equipment where possible. Do as little or as many steps as you like!

1. Collect all your obstacle course equipment and lay out a course. This could be circular and children complete laps. Or it could be 'stations' of activities and children move from one to the next after 30 seconds.
2. Have fun! You can crawl, jump, go under, climb over, skip, run, hop, go slow or go fast!
3. Time how fast it take you to do 1 lap of your course. Can you beat it next time?
4. How about a race against someone else in your family?!
5. What part of the course is your favourite? How many times can you do that activity in one minute?

