

Let's Design an Obstacle Course!

Primary Objectives

Physical 7b, "Uses writing and drawing tools"
Cognitive 14a, "Thinks symbolically"
Literacy 19b, "Writes to convey ideas and information"

Materials

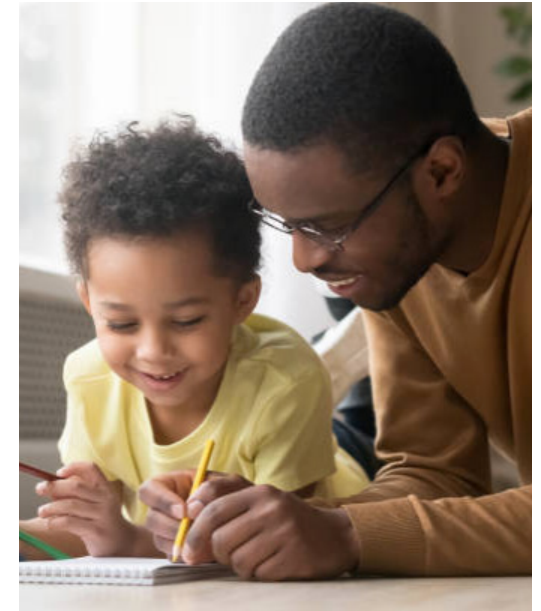
Paper, drawing materials, image of an obstacle course

Why It's Important

Designing an obstacle course invites children to think about all the ways they can move their bodies. Children consider potential objects or obstacles they can add to the course and how they might move around them. Drawing a map of the obstacle course also encourages children to use symbols to represent their thoughts and ideas.

When

Guided Learning



What You Do

1. Gather the drawing materials. Ask your child to think about all the ways she can move her body. As she tells you all that she can do (jump, skip, hop, climb, etc.), encourage her to write down the words or draw the actions on the paper. You can also write her words down.
 2. Show your child a picture of an obstacle course. (If you don't have access to an image, you can describe an obstacle course to her as "an area with different objects that you move around in different ways.") Tell her that she will be designing her own obstacle course to go through.
 3. Ask your child what she thinks would be good obstacles from home (pillows, balls, ottoman, pool noodles, etc.). As she shares her ideas, encourage her to write the words down or draw them on another sheet of paper.
 4. Using the movement and obstacles lists, work with your child to design and draw an obstacle course with three to five obstacles and directions, "Jump over the pillow." "Crawl over the ottoman." "Climb over the chairs."
- Now it's time to get moving for the Obstacle Course Challenge!

Extend this experience

Ask children to add more obstacles and different movements to the design or to change the order of the obstacles.

Ask children to create and draw obstacle courses for different members of the family.

Ask children to write their names on their obstacle course maps to autograph their designs.