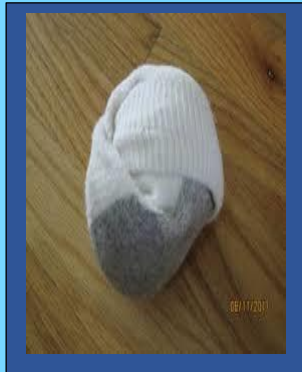


Preschool Field Officer Program: Obstacle course

WHAT YOU NEED

- Cushions on different sizes
- Blankets
- Kitchen chairs
- Rolled up towels
- Basket with rolled up socks



WHAT YOU COULD DO

- Have a discussion with your child on how they could use the materials to make a course.
- You could line up the cushions and use as jumping pods.
- Roll up a towel and use as a balance beam.
- Crawl under the kitchen chairs covered in a blanket to make a tunnel.
- Toss the socks in a basket.
- Time it and try and beat your time.

WORDS & PHRASES TO ENCOURAGE

- Try to keep off the ground.
- It's your turn I'll wait for my turn.
- 1,2,3 go!!
- You are balancing on the towel/cushions.
- Can you throw the ball into the basket?
- Let's see how fast we can complete the course.
- How can we change it to make it a bit trickier?

LEARNING OUTCOMES

As children grow and develop, their skills change with them. Exploring ball play has endless developmental benefits.

- Gross and fine motor development
- Eye hand coordination: being able to track the ball to catch it or kick it.
- Balance and core strength is required to crawl, jump.
- Concepts such as high, low, fast, slow, under and over.
- Physical movement for our overall well being