

CHALLENGE COURSE



**“Let’s build the craziest”
obstacle course ever!**



**“We’re crawled through the”
noodle forest!**





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Play Inspiration:

Children design and set up fun and interesting obstacle courses using the play equipment for their friends to move creatively through (ex. walk, run, hop, animal walk, crawl, skip, pretend to be a car/plane/boat, etc.)

Benefits:

- Increase motor planning, body awareness, endurance, flexibility, and physical activity
- Plan and carry out a sequence of locomotor activities
- Participate in cooperative games and developing turn taking skills
- Use spoken language to describe movements, listening, and following directions
- Increase self-esteem as skills/performance improves
- Make contributions to a group and working creatively with others during a physical task

Extensions:

- Set up identical obstacle courses and divide into groups to complete the course as a relay race or see how quickly they can complete the course.
- Vocalize the actions that being carried out as you do them (ex. crawling under, jumping off, running up, etc.).
- Incorporate creative ways to complete the course (ex. backwards, holding hands to form a "train", holding a ball, move while expressing feelings, etc.)
- Create your own game with rules to complete the courses (ex. Move through the course as the music is playing. When the music stops you "freeze" and must hold the position you are in for 5 seconds or move through the course without touching the equipment with your arms/hands).
- Use the equipment to create fitness stations to rotate through (ex. Sit ups on the Pad, balancing on the Loop, jumping over the Noodle 10 times, squats on the Bump, running around the Cone 5 times, etc.). Children can check their pulse after performing several fitness tasks to determine their heart rate).

Materials:

- Snug Play equipment
- Timer (optional)
- Balls, Hula Hoops, Mats (optional)
- Music (optional)

Content Connections:

- Physical Education
- Language Arts
- Creative Arts