

Activity Idea

Activity	Obstacle course
Main Focus	Shape, spatial awareness and directional language

Resources	<ul style="list-style-type: none"> ➤ Whatever resources you have available to make an obstacle course – think of what you could recycle. Some examples of what could be used are cones, crates, blocks, planks, tyres or hoops, tunnels, tables, stepping stones etc.
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Activity Outline	<p>Create a short obstacle course, with things to climb over or under, a plank to walk along, hoops to jump into, a tunnel to crawl through, stepping stones, a slalom of cones to run in and out of, steps to go up etc.</p> <p>Give a commentary as the children go along, e.g. <i>'You are going along the plank, around the cones, jumping in the hoops, going through the tunnel, between the crates.'</i></p> <p>Encourage the children to give their own commentary as they repeat the course: e.g. <i>I am going over, I am going under, I am going along, I am going through...'</i></p>
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Extension Opportunities	<ul style="list-style-type: none"> ✓ Ask the children for suggestions to vary or improve the course, providing alternative resources e.g. adding more stepping stones and discussing how far apart they should be, measuring in steps ✓ Challenge children to design a course from A to B, or without touching the ground, or in a circuit ✓ Invite children to design their own course for other children to follow, directing them along it ✓ Provide mark making materials for children to draw the course, or draw one together on a long sheet of paper, with children's own symbols or those provided, and then show the route along it with arrows, following this with a finger and talking it through ✓ See also: ECMG Mathematical moments for 3,4 &5 year olds: Obstacle course: https://earlymaths.org/examples-from-practice/
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