

# Obstacle Course (run, jump, hop, skip, dodge, balance)

<b>Age:</b>	3-8 Year olds
<b>Participants:</b>	1-20
<b>Time:</b>	10 Minutes
<b>Equipment:</b>	Cones, 9 x hoops, agility ladder, 9 x small hurdles, 6 x agility poles, 2 x balance beam (or rope), 6 x balance pods, flat markers, feet markers, 4 x witches hats

## Skill(s):



Running



Hopping



Jumping



Skipping



Balancing

## Set Up:

Set up four small obstacle courses:

1. Starting cone, 6 hoops in a row, agility ladder, balance beam, flat markers, witches hat 10m away
2. Starting cone, 6 mini hurdles spread out over 10 metres, 6 balance pods, 5 cones in zig zag formation, witches hat 10m away
3. Starting cone then 6 agility poles in a line, then 3 hoops spread out and 4 balance platforms, witches hat 10m away
4. Starting cone, balance beam, 3 standing up hoops, 2 small hurdles, 6 feet markers spread out hopscotch style, witches hat 10 m away

Children line up behind a starting cone with even numbers at each cone



## Description:

Child first in line at each of the four obstacle course completes the course and then moves onto the next course. Once first child completes first set of obstacles e.g. hoops, then the next child starts.

### Obstacle courses:

1. Jump from hoop to hoop, then short, fast steps through agility ladder, balance along balance beam and then jump from flat marker to flat marker. Run to witches hat and then back to the start.
2. Jump over hurdles, step on balance pods without touching the ground, then run from cone to cone, touching each one. Run to witches hat and then back to start.
3. Run in and out of the agility poles, jump from hoop to hoop then leap from balance platform to balance platform. Run to witches hat and then back to start.
4. Balance along beam, climb through hoops, jump over hurdles and then hop on the feet markers. Run to witches hat and then back to start.

## Variations:

- Depending on numbers change the number of courses or the number of children in each group
- Give children in line a task to do e.g. stand on one leg, throw a beanbag in air and catch, balance beanbag on head
- Add different skill combinations to obstacle course e.g. hopping, skipping, dodging
- Be creative with your obstacle course, the above is just one idea, let the children design the course
- Make it even more fun by creating a story – on a mission to go through the jungle, watch out for tigers, leopards, monkeys etc.

## Teaching Points:

### Jumping

- Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart
- Land as quiet as a mouse



- Swing & Spring
- Reach for a star and bring it down again

### Running

- Hip to lip – arms are bent and travel from a child's hip to their lip
- Hands closed lightly – like holding a small bird
- Eyes up
- High knees
- Land on the ball of the foot

### Hop

- Quiet landings (bend ankles, knees and hips)
- Bend your leg to push off
- Head up and eyes forward (look towards where you are hopping)
- Swing & spring

### Balance

- Head up
- Aeroplane arms
- Eyes forward looking at something ahead of them e.g. tree

