

Let Make an Obstacle Course

Things you could use:

- A Sheet
- Movable household items to crawl and climb over and under, e.g. cushions, paper/card for stepping stones, cardboard box.
- Books can be used to balance on the head.

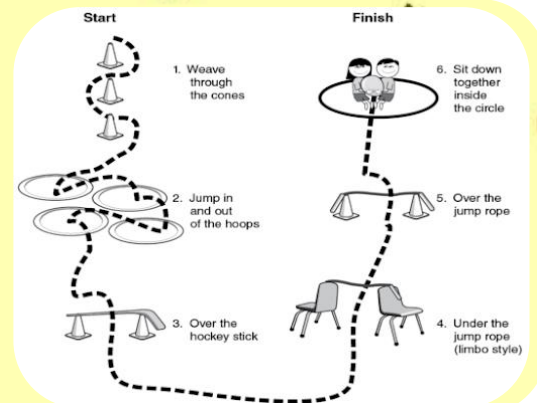
Up to 12 months

Place objects around the room or garden, varying the height and the distance between them, and encourage children to crawl under and over and through them.



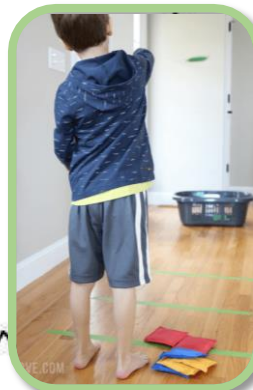
2-5 years

Let children choose the obstacles, and make the course together. As they become more agile, add low jumps, commando-style crawling, objects to balance on. Keep it safe, helping children find their own agility level.



Here are some more ideas for your obstacle course:

Chalk



Egg and Spoon



Laundry Basket Throw