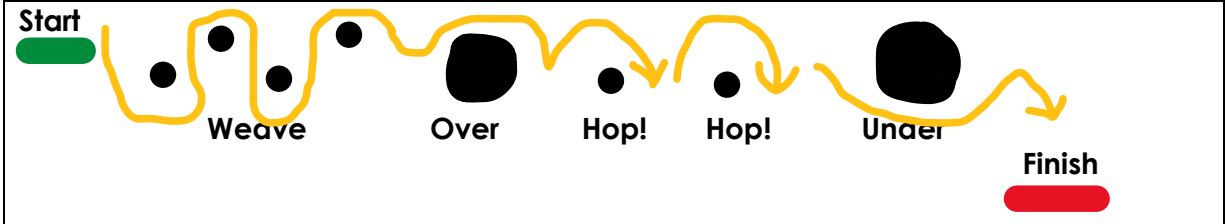


Physical Health Education – Obstacle Course

Curriculum: Physical Health Education	Learning Goals: -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments
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Materials
-Safe space for movement (indoors OR outdoors) -Objects from around the home to use as obstacles

Activities
Goal: To move from the beginning to the end of the obstacle course while dodging the obstacles.
To create obstacle course: -Put down an object to mark the beginning of the obstacle course. -Place 4 objects down to weave in and out of. -Find an object you can crawl OVER -Place 2 objects down that you can hop over -Find an object that you can crawl UNDER -Put down an object to mark the ending of the obstacle course. See sample below


Begin obstacle! Once you are done – can you try it backwards? Can you challenge someone in your household to do the obstacle course?

Ask: Where else could you create an obstacle course?

Extension:

Create your own obstacle course with some of these movement challenges:

- Balancing
- Jumping
- Turning

What other movements can you think to add to an obstacle course?