Physical Health Education – Obstacle Course

Curriculum:	Learning Goals:
Physical Health Education	-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

Materials

- -Safe space for movement (indoors OR outdoors)
- -Objects from around the home to use as obstacles

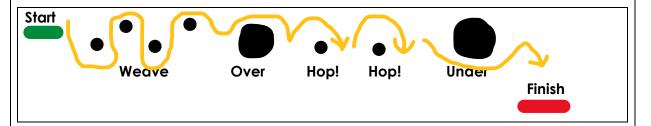
Activities

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 and begin obstacle.



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

-Balancing, jumping, turning, weaving, over/under, hopping What other movements can you add?

Create a map of your obstacle course with instructions using paper or technology. Set up this obstacle course to have someone in your home do it.