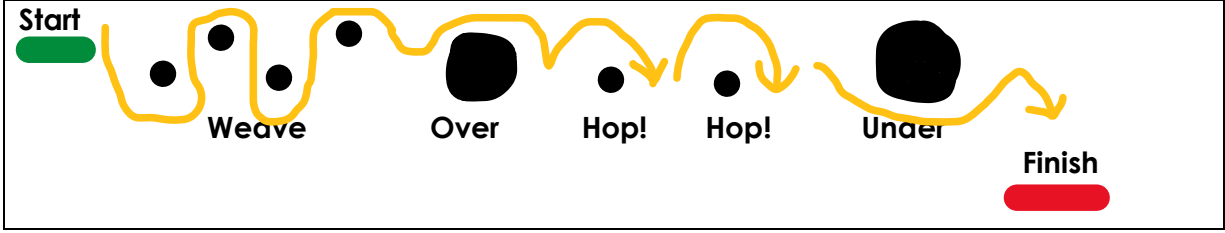


Physical Health Education – Obstacle Course

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| 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 |

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| 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. |
|  <p>The diagram illustrates an obstacle course layout. It begins with a green bar labeled 'Start'. The path then weaves through four black dots. Next, it goes over a large black oval labeled 'Over'. This is followed by two 'Hop!' stages, each with a black dot and a downward arrow. Then, it goes under a large black oval labeled 'Under'. The course ends with a red bar labeled 'Finish'.</p> |
| 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. |