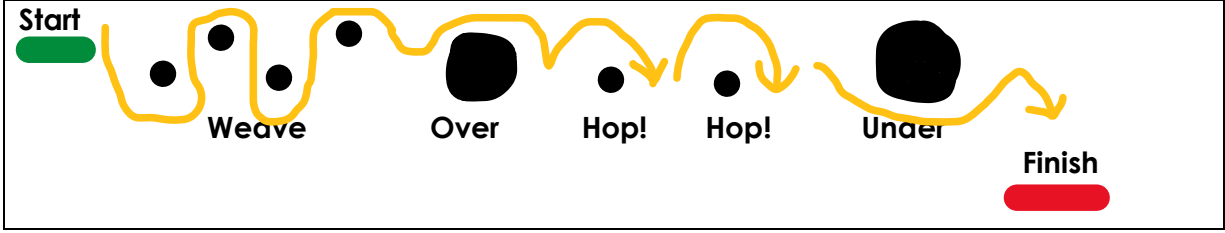


# Physical Health Education – Obstacle Course

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -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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<b>Materials</b>
-Safe space for movement (indoors OR outdoors) -Objects from around the home to use as obstacles

<b>Activities</b>
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.