

# OBSTACLE COURSE

For age group: 6-10

## MATERIALS REQUIRED:

Pillows  
Chairs  
Blankets  
Hula hoops  
Stopwatch (optional)

## ESTIMATED TIME:

40 minutes to 1 hour

## OBJECTIVES:

- To keep children active
- To develop motor sensors

## NOTE:

You can use other items available in the house to make obstacles. Please make sure that all sharp and breakable objects are kept away for this game.

This game requires a lot of movement and it can help to keep your child excited.

Choose a room or area within the house to set up the obstacle course. Then set up the obstacles like pillows, chairs, blankets, etc. and set up rules for each obstacle. For example, you can set a chair and tell your child to pass under it or stick papers on the floor and tell them to jump on it only. You can make raise the difficulty of each obstacle as the course comes to an end.

If you have more than one child, you can set up a competition by keeping record of their time. The one with the fastest record can be given a prize.

## REFERENCE:

<https://www.youtube.com/watch?v=yAB7C6gy7ik>

[https://www.youtube.com/watch?v=ICYBkNht\\_j8](https://www.youtube.com/watch?v=ICYBkNht_j8)

