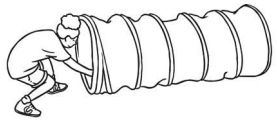
P.E.

Task: Create an obstacle course using household items, to explore a range of movement.

Information about task:



An obstacle course is a fun way to get active and inventive.
It should include a variety of movement such as:

- Crawling
- Running
- Jumping
- Skipping
- Hopping
- Balancing
- Moving sideways
- Rolling

Questions:

1. Did you enjoy this task?
2. Which parts of the course did you find easy?
3. Which parts did you find difficult?
4. How could you use the objects in a different way to make a different obstacle course?
5. Can you draw a map of your obstacle course?

Teacher's Top Tips

- Above all else, safety is the most important factor – keep things simple!
- Consider the space that you have available and the type of surface – an indoor obstacle course will be different to an outdoor one; just like a grass surface will be suitable for rolling but a concrete surface will not.
- Let your child take the lead in considering what objects and equipment could be used as part of the obstacle course. Encourage them to be inventive.
    - You can use chalk to make markings on the ground outside.
    - A rope laid out along the ground can easily become a pattern to balance on.
    - Consider how objects can be multi-functional. A chair provides opportunities for climbing, crawling under or running around.