

Wiggle Obstacle Course

Objective: The children will use major muscle groups to complete an obstacle course. The children will take turns.

Materials: 4 hoops, balance beam, ropes, 3 bean bags or small/soft balls, laundry basket, balloons, balloon paddles, electrical or other colored tape, two small chairs, broomstick, four 2-liter bottles, plenty of space, a few adult volunteers

Procedure:

Before the children arrive set up an obstacle course:

1. Line up the 4 hoops in a line or stagger stepped for the children to hop in and out of
2. A few steps away set up the balance line: a straight line taped to the floor for the child to walk on heel-to-toe.
3. A few steps away from the balance beam lay the bean bags on the floor. Place the laundry basket three feet away for the children to toss the ball into the basket.
4. Tape a few ropes to the floor for the children to hop or jump over.
5. A few steps away, set up two chairs 3-4 feet away from each other and back to back. Set the broomstick across these chairs for the children to crawl under. You can use a tunnel or a tunnel made from couch cushions instead.
6. Set up a jog in place station, a balance on one leg station, and a keep-the-balloon-in-the-air station.
7. Set up the four 2-liter bottles in a line. Fill them half-way with water so they'll stand up fine. Have the kids weave in and out of the bottles.
8. Tape a starting line and a finish line. Lay a line of tape between each obstacle or make arrows with the tape on the floor. If you are setting this up outside, then draw these lines with chalk.
9. Tell the children that only one child can be on an obstacle at any given time. Tell them to jog in place while they wait.
10. Ask the volunteers to assist the children with various obstacles and to manage the flow of kids through the course.

Extensions:

Discuss directional words like on, over, under, around as you go through the obstacle course.

Discuss the importance of keeping active.

Search the internet for more obstacle ideas.

Have the children's parents do the course too!