

# Individual Activity Lesson Plan

**Date:** Thursday 23<sup>rd</sup> April 2020

**Activity Title:** Obstacle Course

**Learning Intention:** To be able to use imagination to create an obstacle course and demonstrate great listening skills by following instructions.

**Links to EYFS:** Physical Development: Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.

**Resources:**

- Chairs
- Table
- Lamp
- Sofa

**Activity Overview:**

Creatively make an obstacle course and listen to instructions to make your way through it.

**Key vocabulary:**

Crawl, Jump, Climb, Roll, Around, Hop, Skip, Walk, Slither, Shuffle, Slide.

## ACTIVITY IMPLEMENTATION (including key question)

**Introduction:**

- Talk with your child about setting up and running through an activity course.

**Main Activity:**

- Think about different household items you could use to build your course around or with.
- Ask your child for ideas you could use to create your course. (What do you think we could crawl under/ climb over/ walk around / jump onto?)
- Have your child pick out a starting point and a finish line.
- Build/Map out your obstacle course linking the starting point to the finish line.
- Now get your child to run through the obstacle course whilst listening to your instructions.
- Once your child has mastered the course get them to run the obstacles in reverse. (Swap the starting point and finish line.)



**Questions:**

1. How could we use this in our obstacle course?
2. How fast do you think you can get through the course?
3. Could we change how we run through certain objects? (Over or under it?)

**Additional ways to support your child:**

Help your child choose how to set up the obstacle course by giving different ideas/options on the orientation of objects.  
Complete a demonstration of your course.

**Extension:**

Have your child run through the obstacle course again and time him/her by counting aloud. Once your child has a timed run then switch roles and have him/her count aloud.