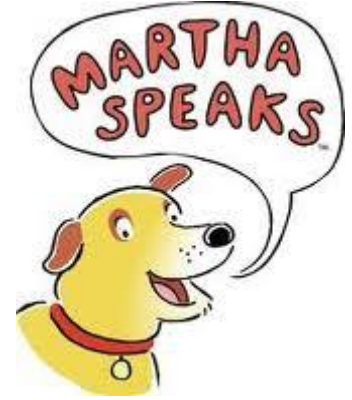


# OBSTACLE COURSE

*Created using the PBS Kids Parents website content*



Target words: around, behind, directions, follow, in front, in inside, on top, over, through, under

Materials: chairs, stools, cardboard boxes, pillows, trees, rocks, jump ropes, and/or Hula Hoops

Directions:

1. Create an obstacle course indoors or outside.
  - a. Include objects you can climb over or under, stand on top of, walk around, or crawl through
  - b. Walk the route together, discussing the directions for moving around, over, under, behind, in front of or through each obstacle
2. Take turns “running” the course. Onlookers will shout encouragement, reminding the runner what to do at each obstacle, for example:
  - a. Gallop around the tree.
  - b. Hop over the rope.
  - c. Crawl through the cardboard tunnel.
  - d. Stand on top of the rock and sing “Happy Birthday to you”

Related Books

“We’re Going on a Lion Hunt” by David Axtell

“Rosie’s Walk” by Pat Hutchins

“Clap Your Hands” by Lorinda Bryan Cauley

“Bearobics” by Vic Parker

“Head, Shoulders, Knees and Toes” by Mike Wohnoutka