

Learning at Home

Support



BACKYARD OBSTACLE COURSE

Ages
0 - 4

Learning activity

What you will need:

- An outdoor space in your own backyard.
- Whatever you have at hand, (eg sticks, rocks, plant pots, outdoor furniture, a garden edge, some rope, an old sheet or blanket, a broom or rake).



What to do:

With your child, set up a range of obstacles in an outdoor space. These could include:

- Lay some sticks on the ground for your child to jump or hop over.
- Turn two empty plant pots upside down with a stick or broom balanced on top to step over.
- Draw a wavy or zig zagged line in the dirt for your child to walk along.
- Lay a rope on the ground to 'balance' on.
- Lay a sheet on the ground to crawl under.
- Line some outdoor chairs up to crawl under.
- Lay two parallel sticks on the ground, stand behind one and throw a rock over the other one.
- Hold a broom or rake for children to limbo under.
- Balance on a garden bed edge or a fallen log.
- Climb up and down any outdoor steps.
- Roll down a grassy hill or along the lawn.
- Balance on one leg, balance on the other.
- Run from one point to another.



What learning is happening:

Physical activities are important for all areas of learning. Children are developing their muscle strength, coordination and control. They are learning that they have control over their bodies and that their bodies can do lots of things.



Links to more information:

- [Learning at home](http://www.education.tas.gov.au/parents-carers/learning-at-home/)¹ on the Department of Education website

¹ www.education.tas.gov.au/parents-carers/learning-at-home/