



## Obstacle Course Ideas

Moving through an obstacle course can be a fun way to:

- improve static (balance standing still) and dynamic (moving) standing balance
- improve hand-eye coordination
- improve muscle coordination
- improve body awareness

Set up an obstacle course using cardboard boxes, ropes, stools, tricycles, hula hoops, balls, scooters, and other equipment. The instructor explains what the child or children should climb over, crawl under, run around, balance, kick, toss, jump, etc. To make it more challenging, time the course and then have the child or children attempt to beat it. The following are suggestions for obstacle course activities:

- walk up/down inclines
- walk over a mat with objects hidden underneath to mimic uneven ground
- roll, throw, kick or catch a ball
- heel walk or tip-toe walk
- toss bean bags in a crate
- wriggle under a rope, hula hoop, or chair
- crawl through a barrel
- step over stools, balls, rolls, or other obstacles
- step into/out of a hula hoop
- balance on one foot
- jump on a trampoline
- move on a scooter in sitting or lying on belly
- crawl forwards or backwards
- crab walk, bear walk
- hop through hoops
- walk and balance bean bag on head
- hop on one or two feet
- jump ten times in a circle (hula hoop)
- walk on a straight line (skipping rope or line on gym floor)
- weave in and around pylons

*Always feel free to connect with the IWK School Therapy Service with any questions.*