Rose³ Learning Experience  Obstacle Course  Date:___________

**Objective:** For children to develop physical fitness and a wide variety of gross motor skills through fun on the obstacle course.

**Equipment**
Hoops in line, balance beam, long thick rope laid on the ground, slide or planks, tunnels and tubes, balls, ladders and nets.

This is not an exhaustive list of possibilities the course, see resources page for ideas.

*Ensure all equipment is safe for children before use!

**Early Years Learning Framework Outcomes***

**Outcome 1:** Children -
- interact with care, empathy and respect through shared play experiences.
- develop knowledge and self-confidence through physical skill development.

**Outcome 2:** Children -
- develop sense of belonging to a group by playing with others.
- become aware of fairness through sharing equipment and taking turns.

**Outcome 3:** Children develop -
- emotional wellbeing through sense of achievement and physical activity.
- health and physical wellbeing through active play.

**Outcome 4:** Children develop -
- cooperation, confidence and persistence through practicing and enjoying new skills.
- a range of skills and processes such as problem solving and experimentation.

**Outcome 5:** Children -
- interact verbally and non-verbally with others.

**Instructions**
Demonstrate different ways of moving over, under and around different obstacles with the children.

Encourage them to try your way of moving through, so children practice a variety of skills, some they are not as comfortable with.

Then allow free play as children will come up with new and different ways to move through apparatus.

**Key Learning Areas, skills and knowledge**

**Pre-Numeracy (Mathematics)**
Counting and number (counting hoops, hops, steps, number of cones used etc.).

**Literacy/Vocabulary (English)**
Up, down, balance, high, low, big, little, climb, hop, jump, skip, dribble, kick, bounce

Positional Language : before, after, over, under, through, next, around.

"Go under through the tunnel after Jack".

**Instructional Language**

**Health and Physical Education**
Gross Motor Skills: climb, jump, skip, throw kick, run, walk, hop...

Hand eye and Foot eye coordination.

**Studies of Society and Environment**
Turn taking, sharing and working with others.

**Science**
Bio-mechanics: understanding how our bodies move.

**Linked Experiences**
Onion Bag Targeting  Feely Walk
Ball Skills