

Outdoor Obstacle Course 4/9

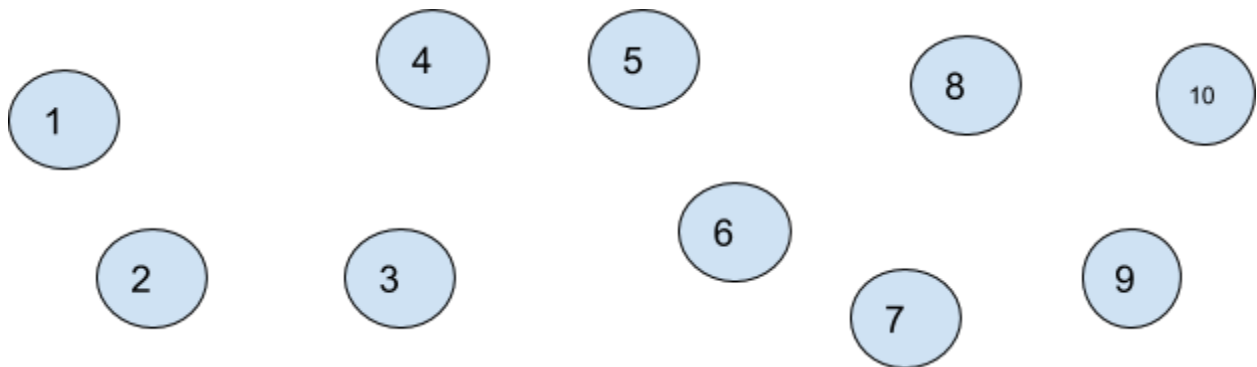
Hi all!

It was good to talk with most of you over the past couple of days. I hope everyone continues to keep healthy. We are all in this struggle together and social distancing is key.

I'm going to give you some ideas of how to make an obstacle course. First thing is to make sure that if you make an obstacle course, you are staying away from other people. That may make it harder to find a space if you don't have an outdoor driveway or yard. One place to consider is the blocked off parking lot area if you are close to Nantasket beach. There is a lot of room and if people come to invade the space, you can leave.

For an outdoor obstacle course, I recommend sidewalk chalk. With the chalk you can make a course with fun motor movements that help students with motor planning, balance, strength, and self-regulation for sitting later and doing school work. These are the typical moves kids like to do:

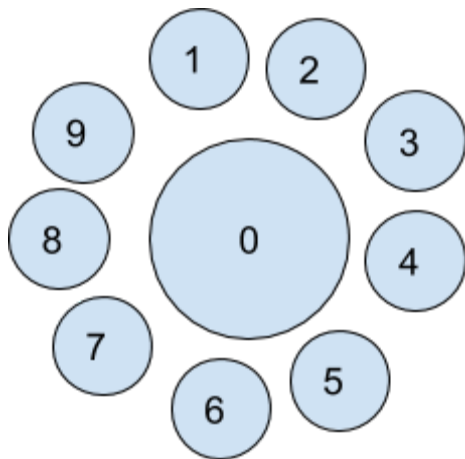
Make circles with numbers. The kids have to jump from one number to the other. I like to have kids jump circles spaced in a sequenced row like this:



The child can use two feet or one foot when hopping.

Another style I like is to have a circle in the middle and numbers around it. You call out a zip code and the student has to make it by jumping from one

number to the next. This activity works on motor planning and auditory memory It would look something like this:



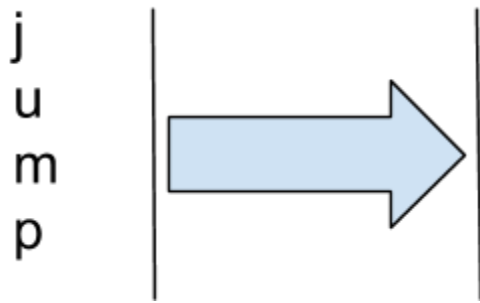
You call out a zip code like 02045. The child has to jump back and forth in order to make the zip code. Encourage them to verbalize the number as they jump and that will help them remember. This activity will also help visual scanning and learning their zip code. If a zip code is too hard to remember, shorten it to less numbers and add more as you go. If a zip code is too short, lengthen the number you call out.

Another motor section to draw is the foot switch up. The child has to jump with two feet the direction of the arrows. This section works on motor planning and it looks something like this:



You can make it easier or harder by the direction of the arrows.

Of course any good obstacle course has the long jump. Just draw a line to jump from and one to try and reach with a good jump.



Last is the line spin. The child walks following the line and the loops. This helps the child stimulate their balance centers and this action helps them feel more centered and able to sit longer. It looks something like this:



They can also spin walking a spiral



I hope you like my ideas. You can have fun creating your own ideas, or even better, have your kids create them. You might enjoy hopping and walking them yourself. Have a wonderful Easter and weekend.

Ms. Faherty OT