

Cumbria County Council

What can I do today?



This week it is....obstacle courses

Tuesday

Park obstacle course

- Is there a park near you that you can get to and enjoy playing in?
- If there is play equipment use it to set challenges for your child. This could be “making” an obstacle course by asking the children to do things in a particular order, such as, swing 3 times, jump off and run around the edge 4 times, hop 6 times then go down the slide backwards.
- If there is no equipment you could make a course with what is already there. This could be safely balancing on logs, following a trail of leaves, jumping over sticks, hopping or spinning on paths. Obstacle courses are about going over, under, crawling through, going round and jumping. See if your child can do all of these.