

Cumbria County Council

What can I do today?



This week it is....obstacle courses

Wednesday

Footprints obstacle course

- Make footprint sized cards for your child to follow. Some barefoot and some showing shoes. Perhaps add handprints as well.
- You could make a set of paint footprints and handprints to use. Your child may be able to help you make them and lay a trail.
- If your child is older, together you could make a set with the instructions written on them. You could read them out and follow them together. Such as, *Jump forward on two feet without your socks on.*
- You can take the footprint trail all around the house and outside for your child to follow.
- Use words such as forwards and backwards.