

Cumbria County Council

What can I do today?



This week it is....obstacle courses

Friday

Water obstacle course

- Collect containers that will hold water and help your child to make an obstacle course outside.
- Use buckets side by side to step alternate feet in.
- Build bridges over paddling pools using planks and boxes. Can you walk over the bridge without falling in? Are there any fish in the water?
- Use water squirters to hit a target with while running along.
- Use washing up bowls full of water to throw balls into.
- Tip water down a slide to make a slippery waterfall.
- As your child goes around the course make sound effects “whoosh”, “splash”, “splosh” or “wibble-wobble”.