

OBSTACLE COURSE

What you will need:

- A safe space in your house
 - Furniture and other objects to move around/under/on/through



What to do:

1. Create an obstacle course either inside or outside your house, making sure it is safe for your child.
2. Have your child navigate the course, gaining valuable exercise and adventure in these testing times.

What learning is happening:

Exercise is crucial to a child's development, and there are many studies that link physical activity to academic growth. Risky play is important for spatial awareness and the ability to keep yourself safe, and the fun element is vital for emotional wellbeing.

VEYLDF Outcomes:

Outcome 3 – Wellbeing: Children have a strong sense of well-being.

Outcome 4 – Learning: Children are confident and involved learners.