

# 2-3 Physical Development

## Activity Instructions - Indoor Obstacle Course

Get active, no matter the weather with a fun, indoor obstacle course! Here, we have lots of ideas for how to set up a child-friendly obstacle course that will support your child to build their core muscles, develop different movements and coordination and, above all, play!

### Milestones This Supports:

I can flip switches on my toys to turn them on and off..

I can manipulate small objects with one or both of my hands, for example, I can build a tower with seven small blocks by myself.

I can turn pages of a book by myself (sometimes more than one at a time).

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### You will need:

All these ideas are optional and dependent on what you have at home. You can adapt these as much as you like.

- cushions
- blankets
- play tunnels
- masking tape
- chairs and tables
- large cardboard boxes
- train track

1. Set up an indoor obstacle course of your own design! You might try:
2. Laying cushions in a line, with little to no gap in between, ask your child to jump from one to the next (two feet together). You could time them to add that extra bit of challenge!
3. Making lines using masking tape on the floor. These might be parallel lines your child needs to stay in between or single lines they can balance on. Try different patterns - zigzags, straight or spirals (though the last might take a while to set up!).
4. Making tunnels and bridges for your child to crawl through and under. Use blankets draped between furniture, large cardboard boxes open at each end, play tunnels or simply tables and chairs.
5. Add in yoga or balancing poses, like standing on one leg. This is great for building those core muscles that are key to your child's movement and coordination. You could count how long they can stand on one leg for and make it a recurring challenge to see if they can make it longer.
6. Use train tracks to lay out the obstacle course - this can be a great option as it usually has some curved pieces in it!
7. Add in certain rules like, 'Jump on the cushions' or 'Run between the cushions'. Try to get different movements in, like jumping, running, walking and crawling.
8. Add in a theme, such as animals. You could even use small world or soft toys to help your child remember that they need to slither like a snake under the table, waddle like a penguin over the blanket, stand on one leg like a flamingo and stomp like an elephant over the cushions.
9. Encourage your child to imagine ways to play too. They might like to build obstacles with the materials you have, which is great for both their physical and creative development.
10. Can you encourage climbing (safely) at all? This is a really good skill for your two-year-old to start to develop. Maybe they can climb onto the sofa or onto a chair, with your careful supervision, of course. They might need to walk up some stairs as part of the obstacle course too - can they do this with one foot at a time?



## More Ways to Play

- Be a human bridge! You could make a bridge using your body for your child to crawl underneath. As your child gets stronger, they can have a try at holding their weight between two chairs to make a bridge for you to crawl under too.
- Add in more skills such as throwing or using a bike (or similar).
- Use different textured blankets, cushions and so on to create a more sensory play feel to your obstacle course. This can promote your child's learning and enjoyment of this activity.
- Join in! Your child will love seeing you be playful and silly, plus you get to model how to do different movements and show them it's okay to have a try at different things. And it's fun for you too!

**Disclaimer:** Welcome to Twinkl Tots. We hope you find the information on our course and resources useful. This course is provided for informational and educational purposes only. As all children are different and develop at their own pace, your child might show development at different times or in different ways. Our aim is simply to give you general guidance and the information may not apply to your specific situation. If you have any concerns about your child's development, please speak to your health visitor or GP.

The physical activity contained within this resource may not fit your specific situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision, including changing the activities as appropriate. We are not responsible for the health and safety of your group or environment so we cannot accept liability for any loss suffered by anyone undertaking any activity referred to or described in this resource. It is also your responsibility to ensure that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional. You may also wish to take guidance as to whether and how participants should warm up before taking part in any activity and carefully assess any environmental risks and be sure participants have a safe space in which to take part. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.

