

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Balance Obstacle Course

Game Description:

A great activity that works on balance.

Objective:

Make it thorough the course without falling!

Game Rules:

Set an obstacle course up out of noodles, balance discs, hoops and blocks and have the children walk around the course trying not to fall off.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Skill instruction

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination