

Obstacle Course

Ages 5–12 · 30–45 min · Whole group

Learning intention

This experience supports children to develop physical challenge and coordination, and to build persistence when attempting something difficult.

You'll need

- Chairs
- A play tunnel
- Hula hoops
- Rope
- A mat
- Balls and buckets

How to do it

1. Set out stations children climb over, crawl through and balance along.
2. Invite children to help design and add their own stations.
3. Children move through the course one at a time, with educators spotting tricky sections.
4. Add a timer or a theme to extend the challenge for older children.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **1.2** Children and young people develop their autonomy, interdependence, resilience and agency

NQS

- **3.2.1** Inclusive environment - Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.

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