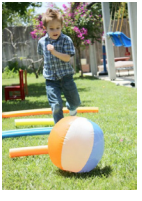
Wee Play & Learn

weewatch
Quality Licensed Home Child Care

Wee Experts (5 - 6 years):
Pool Noodle Backyard Obstacle Course

What You Need:

- Pool Noodles (you can cut some in half for children to manipulate easier)
- Chairs
- Balls (tennis, beach balls, small plasitc balls, etc)
- Plastic bowls or domes
- Sporting net (or make a net using various backyard items)



What To Do:

1. Work with your child to create various obstacle courses that you can make with the items listed above.
2. You can create hurdles with pool noodles and chairs – the hurdles can be low to the ground or a little higher from the ground.
3. Place the plastic bowls or the domes in various patterns, and ask your child to zig zag with the pool noodle and the ball around the bowls/dome.
4. You can have music playing and do the Limbo dance – How low can you go!!!
5. Place the pool noodles on the grass certain distance apart and ask your child to jump over them and then kick the ball into the net.

Source: https://bit.ly/1FLi55Y