

Indoor Obstacle Courses

Pre-K Standards:

Physical Development: 1.PK.1, 2PK.1, 3.PK.1, 3KP.2, 4.PK.1

Social/Emotional: 2.PK.3a, 2.PK.3b, 5.PK.1a, 5.PK.1b

Creative Expression: 2.PK.2b, 3.PK.1



Instructions:

1. Set up an indoor obstacle course with furniture where your children will have to crawl to get from one side of the room/house to the other.
2. If possible, have your children help you design the obstacle course.

Variation: If possible and weather permitting, set up an outdoor obstacle course using spare tires, hula hoops, cones, balance beams etc.