**My Body: Obstacle Course** 

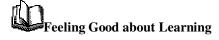
**Goal of activity:** Children exposed to violence may have difficulty with planning and organization. This activity provides an opportunity for children to practice using planning and organization skills.

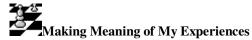
## Approximate length of activity: 10 - 15 minutes

**Materials**: Variety of gross motor equipment (tunnel, mini-trampoline, a mat, hula hoops, balance beam, objects that students can crawl under, climb over, move around or walk behind).

#### **Instructional Procedures:**

- o The teacher/aide will set up a variety of equipment in a circle formation.
- o The teacher/aide will then demonstrate how to go through the obstacle course using words such as, "over", "under", "around".
- The teacher/aide will assist children in using a variety of movements such as crawling, jumping, running, skipping etc).
- o Allow children to have more than one chance to use the course.







**KEY POINTS** – Signs of anxiety

### **Reluctant to participate**

- Allow child to watch others completing the course.
- Teacher/aide work directly with student to model the body movements for the child.
- Allow child to work through the obstacle course with a partner.
- Allow child to carry a stuffed animal to the end of the course.
- o Play "Follow the Leader" through the obstacle course.

### Over stimulation – yelling, pushing etc.

- Plan activities that include pushing and pulling heavy items.
- o Allow the child to hold a "timer" to time other children.
- Ask child to try to tip-toe walking through the course.



### LITERACY TIPS

#### **Oral Language**

- Model the use of prepositions: before, after, behind, around, over, under.
- Ask children to describe what they need to do first and last to get through the course.

# **Phonology**

 Include a treasure that begins with the sound of the letter of the week at the end of the course (comb for 'c' week, book for 'b' week)

### **Print Knowledge**

Label different sections of the obstacle course with name tags: Bridge, Tunnel, Table.