Dodgems

What are we doing?

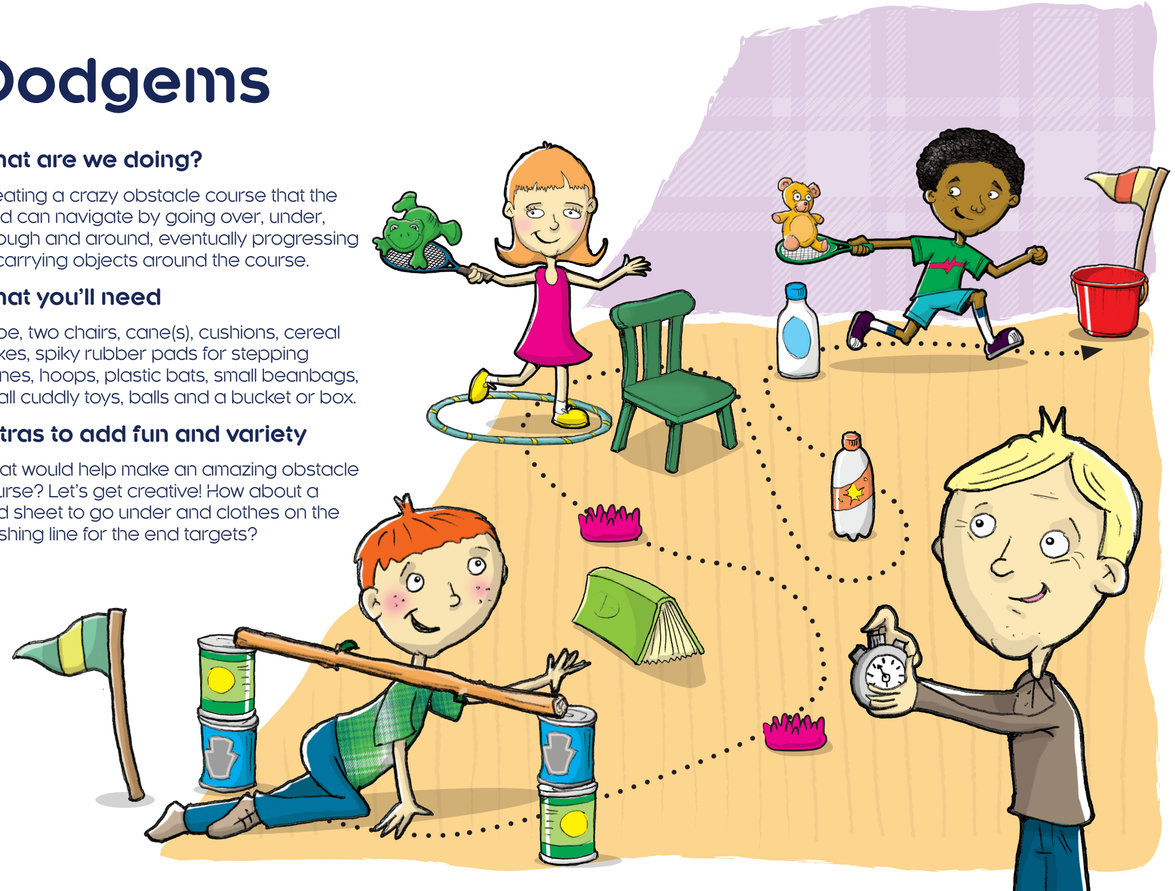
Creating a crazy obstacle course that the child can navigate by going over, under, through and around, eventually progressing to carrying objects around the course.

What you'll need

Rope, two chairs, cane(s), cushions, cereal boxes, spiky rubber pads for stepping stones, hoops, plastic bats, small beanbags, small cuddly toys, balls and a bucket or box.

Extras to add fun and variety

What would help make an amazing obstacle course? Let's get creative! How about a bed sheet to go under and clothes on the washing line for the end targets?



Beginner

Let children familiarise themselves with the course by taking it at their own pace.

Improver

Add a stopwatch to see how quickly children and adults can complete the course. No pressure!

Little Star

Can the child carry something around the course then throw it into a box or bucket at the end?

Big Star

The egg n' spoon option – can they complete the course carrying an object on a bat? At the end, encourage them to flip it into the box with the bat.

Gold Star

Now put a bat in each hand and encourage them to complete the course without dropping the soft toys/beanbags.

Superstar

Bit trickier – can they complete the course with a ball on a bat and then hit into the box?

World Champ

If they complete the course with two bats and a ball sandwiched together, and then flip the ball into the box at the end, they'll be world class!

Judy's top tips

Make sure you have a start and end point. You can use toys as obstacles and as objects to carry around the course to throw into the box or bucket at the end. Have a rummage around for items and let your (and their) imagination run wild when it comes to designing the course. It's all part of the fun!

TENNIS ON THE ROAD
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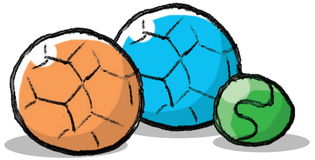

What they'll gain

- Bat and ball-handling skills while on the move
- Agility, balance, coordination and body awareness
- Familiarity with different movement patterns