

Create your own obstacle course

Think of activities you can use in the garden that support your child to crawl, run, jump and use all of their body

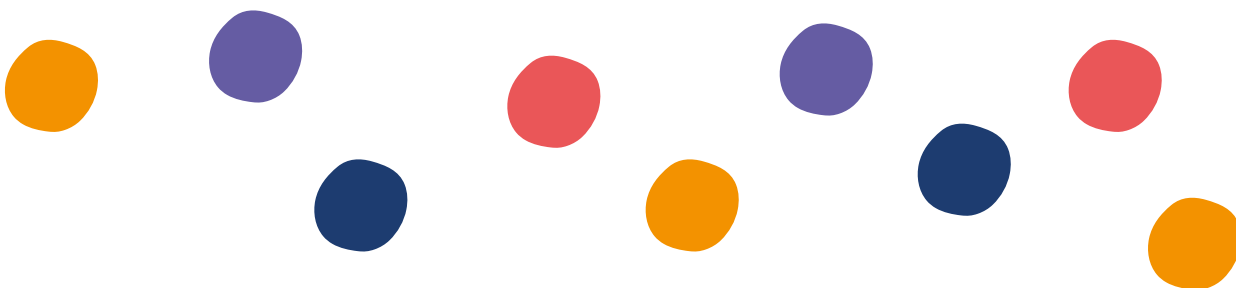


Make a tunnel from a cardboard box

If you have a plank of wood, place it on the grass and encourage children to 'walk the plank'

Balance a potato on a spoon and set up some empty milk cartons for them to weave and out of

Do jumping jacks on the spot



Use balls and a washing up basket to encourage throwing or kicking

Encourage crawling on hands and knees on different surfaces