

## **Gross Motor - Level 3**

### **3.2.5 Obstacle Course**

The equipment is arranged in a circuit so that the child will naturally go from one piece to another. Make sure the equipment prompts the children to move under, over in, out, through, between and around using different positions.

#### **Purpose**

To promote variations in position and movement.

To promote motor planning.

To promote vestibular processing.

To promote spatial awareness.

#### **Observations**

Does the child need help and guidance?

Can the child navigate around the course?

Can the child make postural adjustments?

Do they avoid some positions or obstacles?

#### **Equipment**

Mats

Benches

Hoops

Ladder