

## Obstacle Course

### Description of activity

We implemented a movement and feelings adventure course to encourage physical movement, body awareness and emotions, we will create a course with different fun obstacles to get the children moving and thinking using natural recyclable materials. The course was designed to be inclusive for all abilities. We will assess their emotions at the beginning and the end of the session using coloured paper/objects and linking it to the colour monster.

### Number of Children taking part in activity:

20

### Play Space used:

Gym Hall or outdoors (weather dependent)

### Sustainability goals incorporated into activity:

Goal 3 – good health and wellbeing  
Goal 10 – reduced inequalities

### Suggested Learning Outcomes for Children:

- To understand sustainability by carrying out teamwork, problem solving and co-ordination.
- To understand how to follow step by step instructions to meet an end goal.

## Meta Skills

### Self-Management

Focusing ☒ Integrity ☒ Adapting ☐ Initiative ☐

### Social Intelligence

Communicating ☒ Feeling ☐ Collaborating ☒ Leading ☐

### Innovation

Curiosity ☐ Sense-making ☐ Creativity ☐ Critical Thinking ☒

## Activity Time:

30 mins

## Resources Required:

- Beanbags
- hula hoops
- cones
- balls

## Requirements for Risk Assessment:

- surfaces are clear from any obstruction
- The equipment is in good condition i.e no holes in the bean bags, cones are intact

## Implementation (step by step guide):

1. We collected resources and set up the area on the day, introduce ourselves to the children explain about Sustainability and what we are doing today.
2. We Gathered the child's initial emotion using photos on the smart board, getting a basic understanding of what they have already been taught regarding emotions and regulation and explain the safety rules to the children
3. Warm up game Simon says, then game involving having a cone in between the children's feet, them having 2 steps back and when told fist to get the cone gets a point.
4. Corner game, list each corner as a name or number, person in middle closes eyes counts to 20 and the children go to a corner, a number is shouted and if in the corner your out.
5. Toilet flush game a couple of people set as catchers, if catcher u needs to tick someone and they need to put arm up, can't move till someone flushes them.
6. The ball and racket, need to have a ball on racket go round bottom cone, and then bk up pass racket to next team member, varying on age whether this is completed 1 2 or 3 times per person, once all people complete team sits and they win
7. Presented the children with a certificate for participating.

