

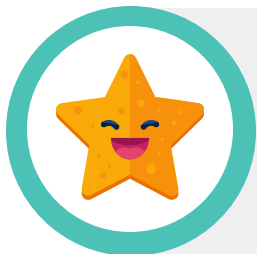
The benefits of obstacle courses

Obstacle courses can be made up of high risk equipment or low, on the ground, equipment that supports children to feel safe and confident as they develop their skills. A good obstacle course allows for different levels of play so all children feel safe on the course.



Gross motor

Through engaging with a range of different obstacles and movements children develop their muscle control, strength and movements through this process. The more movements there are in the obstacle course the more muscles are activated. E.g. climbing, balancing, jumping, hopping.



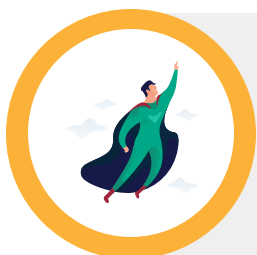
Confidence

The more opportunities children have to get used to the obstacle course the more they can develop confidence in moving their bodies in certain ways. Educators should provide support and guidance to children until they are confident enough to explore independently.



Risk taking

Obstacle courses should support a level of risk for children to learn how to safely take risks and feel supported through this process. Risks should be age appropriate for the children and supported with appropriate discussions and supervision.



Perseverance/resilience

Children learn to be resilient and not feel defeated when they have issues conquering the obstacle course. This allows children to learn that it is safe to make mistakes and to try again as they learn from their mistakes. This is why challenges should be appropriate for the children.



Planning

Getting the older children involved in planning and creating the obstacle courses allows them to show how much they understand about managing safety, as well as where their level of comfort is with the amount of risks courses should have.