



Skills on the Hill, LLC

Games & Activities that Facilitate Skill Development: Indoor Obstacle Courses (*available at www.discountschoolsupply.com)

- helps develop gross motor skills (balance, coordination, strength)
- works on sequencing (1-2-3, reverse, random)
- can improve motor planning abilities (positioning body, figuring out how to execute with/without a model, adapting technique to increase success)
- develops ideational abilities (imagination, pretend, utilization of themes, novelty of ideas)
- develops spatial awareness (under, over, next to, through, backwards, forwards)

Household Equipment:

laundry basket – push, pull, step in/out
couch cushions – climb, crash, squeeze between
small table – crawl under, climb on top, jump off
blanket, towel, sheet – roll up, pull someone across room
boxes – push, pull, step in/out
shoe boxes – step into
bubble wrap (various sizes) – stomp to pop bubbles
coffee cans/rope (stilts) – balance
office chair – spinning
sofa – jump off of
soda bottles filled with water/oil/soap/food coloring – bowling
masking tape
pillows – crash

Inexpensive Equipment:

Sit n Spin
tunnel *
mini trampoline *
stilts *
mat *
scooter boards *
Sockem Boppers
bean bags (letters, shapes, numbers) *
foam hopscotch *
dart board (Velcro)
carpet squares
Hippity Hop *
Velcro paddles with ball

Tips:

- have children cut out a “ticket”, write a word, identify a letter, etc. in between tasks
- have children write numbers and cut them out to label order of tasks
- draw a picture of what the course will look like and use as a guide/map for set up or draw diagram at end