

## Core Skills Analysis

### Physical Education

- The child practiced gross motor skills by navigating various natural obstacles, improving coordination and balance.
- They developed spatial awareness through moving around, over, and under natural elements like branches and rocks.
- Problem-solving skills were enhanced as the child figured out how to overcome or bypass obstacles creatively.
- Endurance and physical fitness were likely supported by continuous movement within the obstacle course.

### Science - Nature Exploration

- The child gained direct sensory experience with natural elements, fostering a connection with their environment.
- Observation skills were strengthened by interacting with plants, soil, and natural terrain during the course.
- They could learn about different textures, shapes, and possibly living organisms present in the obstacle area.
- The activity encouraged curiosity about ecology and the physical properties of natural materials.

### Social-Emotional Learning

- The child practiced patience and resilience in tackling challenges posed by the obstacle course.
- Self-confidence likely increased through accomplishing physical tasks independently or with peers.
- They experienced joy and enthusiasm, which supports motivation and emotional well-being.
- Teamwork and communication might have been involved if the course was done with others.

### Tips

To deepen understanding and development from the nature obstacle course, encourage the child to design their own course using found objects, fostering creativity and planning skills. Incorporate nature journaling before and after the activity to record observations and feelings, enhancing literacy and reflective thinking. Introduce basic principles of physics by discussing balance, force, and gravity related to how they navigate obstacles. Additionally, organize group courses to build social skills such as cooperation and communication.

### Book Recommendations

- [Outside Your Window: A First Book of Nature](#) by Nicola Davies: An engaging introduction to the natural world that encourages wonder and observation of the outdoors.
- [The Kids' Outdoor Adventure Book](#) by Stephanie Donaldson: A rich collection of outdoor activities and projects that promote active, mindful learning in nature.
- [Iggy Peck, Architect](#) by Andrea Beaty: A story celebrating creativity and problem-solving, inspiring children to build and design.

### Learning Standards

- PE.2.MS1 — Demonstrate motor skills by negotiating dynamic environments such as obstacle courses.
- CCSS.ELA-LITERACY.W.4.3 — Write narratives to develop real or imagined experiences using

descriptive details.

- NGSS 3-LS4-3 — Construct an argument with evidence about environmental features of habitats supporting survival of plants and animals.
- SEL Competency — Develop skills in self-management and responsible decision-making during physical and cooperative challenges.

### **Try This Next**

- Create a worksheet to map the obstacle course layout with labels and difficulty ratings for each section.
- Write a short story describing a journey through the obstacle course from the perspective of an adventurous animal.