

Core Skills Analysis

Occupational Therapy & Physical Development

- The child learned to plan and sequence physical activities by designing an obstacle course, enhancing executive functioning skills.
- The activity promoted gross motor skills through conceptualizing tasks that require balance, coordination, and movement.
- The child developed spatial awareness by arranging various elements of the course in a way that is navigable and challenging.
- Problem-solving and creativity were engaged as the child considered different obstacles and how to incorporate them safely and effectively.

Cognitive & Emotional Skills

- By designing their own course, the child practiced goal-setting and independent decision-making.
- Engagement in this task likely fostered self-confidence and motivation through ownership of the activity.
- The planning process encouraged the child to anticipate physical challenges and think critically about solutions.
- Organizational skills were reinforced as the child arranged components in a meaningful sequence.

Tips

Tips: To deepen understanding, encourage the child to document their obstacle course design through drawings or written instructions, reinforcing both creative expression and communication skills. Involving measurement activities, such as measuring distances between obstacles, can integrate basic math concepts and spatial reasoning. You can also create variations by challenging the child to adjust the course to accommodate different abilities or add new elements that focus on fine motor skills, expanding the scope of physical development. Lastly, reflect together on what worked well and which parts were challenging to foster self-awareness and iterative improvement skills.

Book Recommendations

- [The Kids' Guide to Building Cool Stuff](#) by Spike Carlsen: A hands-on book that inspires kids to create their own projects, fostering creativity, problem-solving, and practical skills.
- [Gross Motor Skills for Children with Down Syndrome](#) by Patricia C. Winders: While focused on Down Syndrome, this book offers practical activities to develop coordination and strength, applicable to all children.
- [The Busy Body Book: A Kid's Guide to Fitness](#) by Lizzy Rockwell: An engaging guide explaining how the body moves and why fitness is important, encouraging children to explore physical activities.

Learning Standards

- AC9S6PD04 - Plan and participate in physical activities that develop gross motor skills and spatial awareness.
- AC9S6PD05 - Develop problem-solving and planning skills through physical activity design and implementation.
- AC9S6HS02 - Demonstrate self-awareness and reflection in managing personal physical challenges and goals.

Try This Next

- Create a worksheet for the child to map out their obstacle course with labels for each section and the skills involved.
- Develop quiz questions asking which muscles or coordination skills are used for specific obstacles designed.
- Encourage the child to write a short story or instructions from the perspective of someone navigating their obstacle course.