

## Physical Education

- The child has learned coordination and balance while navigating through the obstacle course.
- They have developed gross motor skills by crawling, climbing, and jumping over obstacles.
- The child has improved their agility and body control through maneuvering around the course.
- They have learned the importance of perseverance and resilience when faced with challenging obstacles.

## Science

- The child has gained an understanding of gravity and its effects while climbing up and sliding down inclines.
- They have learned about cause and effect as they experiment with different actions and observe the corresponding outcomes.
- The child has developed spatial awareness by navigating through the obstacle course and avoiding collisions.
- They have learned about their own body's capabilities and limitations through physical exploration.

To continue the development related to the obstacle course, encourage the child to create their own mini obstacle courses using household items such as pillows, cushions, and cardboard boxes. This will allow them to further enhance their creativity, problem-solving skills, and physical abilities. Additionally, consider incorporating elements of teamwork by setting up challenges that require cooperation with a sibling or friend.

## Book Recommendations

- [The Big Book of Things to Spot](#) by Fiona Watt: This interactive book encourages children to search for objects in various settings, similar to how they navigate through an obstacle course.
- [Peek-A-Boo Forest](#) by Lamaze: This touch-and-feel book introduces young children to different animals and their habitats, providing a sensory experience similar to exploring different elements of an obstacle course.
- [The Little Engine That Could](#) by Watty Piper: This classic story teaches children the importance of determination and self-belief, qualities that are often tested in an obstacle course.

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