

Objective

By the end of this lesson, Janvier will be able to navigate an obstacle pathway, enhancing his gross motor skills, balance, and coordination while having fun and exploring movement.

Materials and Prep

- Open space (indoors or outdoors)
- Soft items like cushions, pillows, or stuffed animals (optional for obstacles)
- Chalk or tape (optional for marking pathways)
- Timer or stopwatch (optional for fun timing challenges)

Before starting the lesson, ensure the area is safe and clear of any hazards. Decide on the layout of the obstacle pathway, and consider how to make it fun and engaging for Janvier.

Activities

- **Jump Over the Pillows:**

Place pillows or cushions on the ground and encourage Janvier to jump over them. You can count how many he jumps over in a row!

- **Crawl Under the Table:**

Set up a table and have Janvier crawl under it. This helps develop his crawling skills and coordination.

- **Balance Beam Walk:**

If you have tape, create a straight line on the floor for Janvier to walk along. This will help him practice balancing.

- **Animal Walks:**

Incorporate animal movements like hopping like a frog, waddling like a duck, or crawling like a bear through the pathway.

- **Obstacle Race:**

Set up a mini obstacle course and time Janvier as he completes it. Cheer him on to make it exciting!

Talking Points

- "Look at all these fun obstacles! Can you jump over the pillows?"
- "What animal do you want to be when you crawl under the table? Let's pretend!"
- "Try to walk on the line without falling off! You can be a tightrope walker!"
- "Can you hop like a frog? Let's see how far you can go!"
- "You're doing great! Let's see if we can beat our time in the obstacle race!"