

Water Play Obstacle Course



Now that it is warming up outside, adding a water component to an obstacle course is a fun way to get your child to participate in a gross motor activity. By creating at home obstacle courses, you can incorporate various gross motor skills into one fun activity. Below are a few ways to incorporate water play into an obstacle course.

What you need:

- 2 buckets/containers with water
- 2 table tops/higher surfaces if you student has difficulties with squatting
- 4-5 items that can go in water (water toys, sponges, etc.)
- 1 chair or bench your student can sit on
- 1 item your student can step over (pool noodle, sand bucket, etc.)
- 1 item your student can walk around (plastic cup, plastic cone, etc.)

How to complete this activity:

- Place 1 bucket/container of water at the start of the obstacle course and 1 at the end of the obstacle course
- You can place the water container on a table top or higher surface if your student has difficulties with squatting down to pick up items
- Place the 4-5 water toys/items in the bucket at the start of the obstacle course
- Place the chair at the start of the obstacle course then place the items to step over and walk around in a line
- Have your student start sitting in the chair the stand up
- Have your student squat down to pick up 1 water toy
- Have them complete the obstacle course and place or toss the water toy into the bucket at the end
- Have them complete the obstacle course 4-5 times