

Climbing Course

Primary Objectives

4. Demonstrates traveling skills

Why It's Important

Children love to explore different types of play equipment. By practicing moving his body in different ways, your child will develop coordinated climbing skills. This activity will also help him move purposefully from place to place with control.

Materials

Small climbing structures

What You Do

1. Set up an obstacle course either indoors or outdoors. Make sure there is plenty of room in which to move freely.
2. Invite your child to explore the obstacle course. Walk around and discuss the various types of equipment that he will explore.
3. Talk about how he might use the equipment. *How do you think you will use that scooter? What do you think you can do on the slide?*
4. Invite your child to go through the course. Observe how he uses the equipment.
5. Make suggestions as your child moves through the course. *I see that you are using the scooter board. You are lying on your belly and moving it with your hands. Where do you plan to go next? What route will you take to get there?*
6. Invite your child to climb onto a chair and jump off with your assistance. Watch how he maneuvers his body and uses the equipment.
7. Make comments about his position and how he is moving. *You slid down that slide really quickly. Now you are crawling under the chair.*
8. Adaptations can be made in each area according to your child's abilities (such as the height of the chair or the type of climbing equipment). Observe how he handles the equipment and make changes if necessary.