

Outdoor Activities

Objectives:

To encourage co-operation and the development of large-motor skills.

Equipment:

- 2 carrots
- 2 tricycles
- Plastic cones and boxes (to mark off tricycle course)
- Coloured chalk or tape.

Activities:

- Divide children into three groups. Explain that each group will have a chance to do every activity. Remind them to run or walk carefully, to wait their turn, and not to push. Use chalk or tape to mark where the first person in line needs to stand for each activity.
- Assign adult volunteers to the first two activities and take charge of the third yourself.

Pass the carrot. Explain to children that the first person in the line holds the carrot and hops to a designated place and back. Then that person hands the carrot to the next person in line as a signal that it's time for that child to go. As the relay progresses, the adult leader calls out an instruction for the way children are to move: run, walk fast, walk backwards, and so on.

Instructions can get more complicated as children become more comfortable.

The great bouncy ball race. Set up a course (using cones or boxes to designate a path) and provide each team with a bouncy ball. Explain to the first child that they bounce along following the course back to the front of the line, where they pass the ball to the next person in line. Raise the level of challenge by increasing the complexity of the course.

Ball-to-the-back race. Explain to children that in this activity everyone faces front and each child takes a turn at passing a ball over their head to the next person in line, until the ball reaches the last child. Then that child, while bouncing the ball, walks to the front of the line to become the new first person. Continue until everyone has had a turn to be first.

Encourage children to invent other challenge courses or modify any of these. Provide time for them to develop their ideas through drawing or writing out directions.