

## MOVE, PLAY AND LEARN AT HOME

### *Obstacle Course Creation*

**V1.26**

### **GET READY:**

- **Space:** This activity can be organized indoors or outdoors.
- **Stuff:** An assortment of safe items that children can move over, under, around, and through:
  - Indoors: Towels, pillows, stuffed animals, chairs, blankets, brooms, paper plates...
  - Outdoors: Lawn chairs, ladders, boxes, containers, sticks...
- **Time:** After school, weekend time.

### **GET SET:**

- Find five to ten items that can be used as safe obstacles (or that could be used together to build safe obstacles). When creating the obstacles, think in terms of items that children can move around, over, under, or through. The more variety in the movements, the better the obstacle course will be for your children (and for you 😊).

### **GO:**

- Let your child create the course and the movements that will be used to move through the course. Once the course is created, let your child go through it a few times to 'explore' and 'problem solve' the best movements for the course. Once he/she is ready, have him/her show you the movement solution. Add the element of counting or beating time only if the child initiates it.

### **DID YOU KNOW?**

This is a great game to use with "sportscasting." Sportscasting involves verbally giving a play by play of everything the child is doing as he/she completes the obstacle course. *"Sara is getting ready to run toward the bucket. She is moving quickly. Now she is going around the bucket. Now Sara is headed to the first tunnel. She bends down low to get under the blanket, and she crawls on her hands and knees low to the ground. I see her coming out of the other end. She stands up and reaches ..."* Sportscasting is not only fun, but is a great way to reinforce movement vocabulary. Let your child do the sportscasting as you travel through the obstacle course.

# HEALTHY HOMES

## I AM MOVING, I AM LEARNING NUTRITION NUGGET

Don't be afraid to let children help in the kitchen. Children are more inclined to eat food that they get to help prepare. Start by stressing the importance of a clean and safe cooking environment by having everyone (including yourself) wash their hands using soap and warm water. As you wash your hands, sing a verse of a favorite song.

Cooking uses many movements that we don't even think about as we are doing them, like chopping, stirring, cutting, shredding, slicing, and rolling. The following recipe not only uses lots of movements but is healthy to eat and tastes great!

### **Healthy Recipe:** Personal Mini-Pizza Cup

#### **Ingredients**

- 1 tube (11.3 ounces) *refrigerated dinner rolls*
- 1 can (8 ounces) *pizza sauce*
- 1/4 cup *finely chopped onion*
- 1/3 cup *finely chopped green pepper*
- 2 ounces *sliced turkey pepperoni, chopped*
- 1 cup (4 ounces) *shredded part-skim mozzarella cheese*
- *miniature muffin cups*
- *cooking oil spray*

#### **Directions**

- Separate dough into eight rolls; cut each into quarters. Press dough onto the bottom and up the sides of miniature muffin cups coated with cooking spray.
- Spoon pizza sauce into each cup. Sprinkle with onion, green pepper, pepperoni, and cheese. Bake at 375° for 15-18 minutes or until crusts are browned and cheese is melted.

**Yield:** 32 appetizers.