

Obstacle Course to Target Balance

3/15/2022



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Get your kids moving with this indoor obstacle course that targets balance along with motor planning, hand eye coordination, following directions, and turn taking.



Steps to Build:

1. Place the pillows or cushions in a line touching each other
2. Using the painter's tape, place an X after the pillows/cushions
3. Place the pom pom balls or cotton balls around the X and the bowl a few feet away
4. Create 3-4 boxes with the tape in a zig-zag pattern on the floor after
5. Place another X after the squares
6. Stack the 10 cups into a pyramid: 4,3,2,1

Materials

- Couch cushions or pillows
- Pom Pom balls or cotton balls
- Cup or bowl
- 10 plastic cups
- Painter's tape or masking tape

Steps to Complete the Course

- Pillows: face sideways and cross one foot over the other as you walk over the pillows
- X and Pom Pom: Balance on one foot and bend over to pick up a pom pom and toss into bowl (repeat on each foot)
- Squares: With feet together, hop from one square to the other
- Cups: Balance on one foot and using your toes, knock off 1 cup at a time
- Bonus: Bear crawl or crab crawl all the way back

To see this obstacle course in action, check out this video or click this link to go to our YouTube page.

https://www.youtube.com/watch?v=6ZJ_WojGfmM

