

Running with obstacles



<u>Target group</u>	Age : 6
<u>Material</u>	Obstacles : trees, table,
<u>Procedure</u>	<ul style="list-style-type: none"> - First draw a line for the beginning, and a line to finish the running. - Mark the two lines with something that every child can see. - The children put obstacles on the way: trees, big stones, a river made with little stones, etc. - The teacher gives the signal, and the children run as fast as they can. - The first who arrives at the last line is the winner.
<u>Variations</u>	<ul style="list-style-type: none"> - Make groups or pairs. - One is the blind, and the other is the guide - They go through this distance.

<u>Aims</u>	<ul style="list-style-type: none"> - cooperation - learn body language - trust someone else - get to know yourself - learn how to express your character - discover your body in relation with the environment: running, jumping
<u>Comments</u>	

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