

Suggestions for Your Obstacle Course

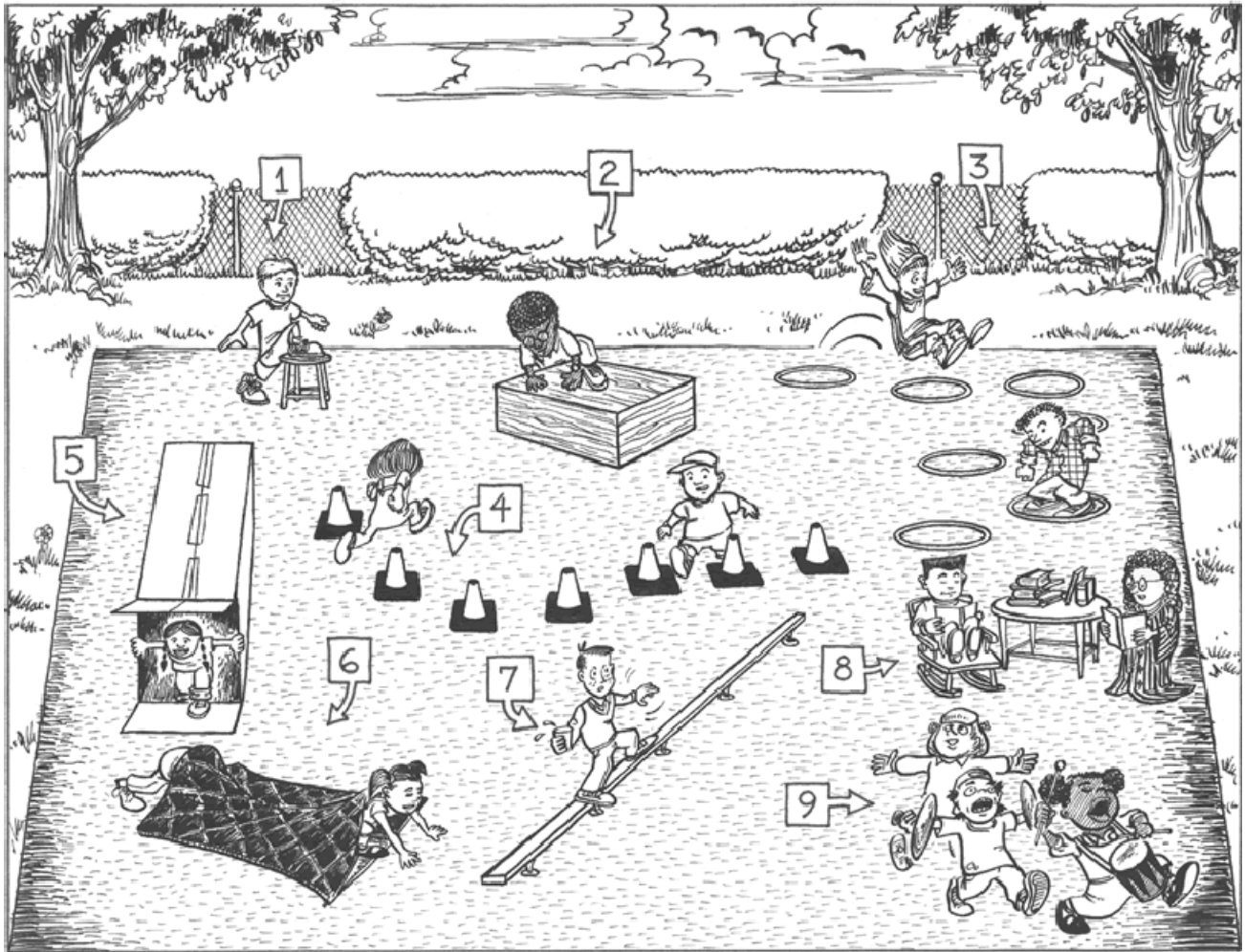
Select a large space for a setting up your obstacle course like a gym, multipurpose, large classroom, or outdoor yard.

Use a selection of sturdy and safe equipment to create an obstacle course: step stools, chairs, jump ropes, cones, empty trash cans, large empty boxes to crawl through, tunnels, tents, hula hoops, ramps, large blocks, yardsticks, sleeping bags, oversized pajama tops, pillow cases, etc. The equipment should allow for a variety of physical movement including: climbing, jumping, galloping, balancing, and crawling.

Set up the obstacle course as activity stations to perform the specific physical activities. Check all of the equipment for safety.

Tape an [obstacle course label](#) to each activity station with the phrase that best fits a type of activity that the knight performed from the book *Good Night, Good Knight*. Use your creativity and your knowledge of what your families would enjoy doing in planning the activity stations. Here are some ideas to spark your imagination:

1. Crumbly Tumbly **T**ower – Step up and down a step stool or inverted rocking boat or extra large maple window blocks
2. Very Tall **W**all – Climb up and down a sturdy box or climber or 3 step stepladder
3. Jump on **H**orse – jump up and down through a series of hula hoops set out in a hop scotch pattern or ride a yard stick horse along a length of jump rope
4. King's **F**orest – gallop between cones set out in a slalom pattern or along a length of masking tape on the floor in a zigzag pattern
5. Deep Dark **C**ave – crawl through a large carton or tunnel or tent
6. Tuck into **B**ed – crawl through a large sleeping bag that is unzipped along the bottom edge so it is like a tunnel or use pillow cases for a sack race type jumping around a baby doll bed
7. **D**rink Water – carry a 3 oz paper cup of water across a balance beam and drink it at the end (put only a teaspoon or two of water in the cup)
8. **R**ead Story – put on an oversize pajama top and read a story in your book center or provide a rocking chair and some books
9. Sing **S**ong – sing a silly song in your music center while dancing with a bean bag on your head or do a mini marching band parade around a CD/tape player with rhythm instruments



Provide pencils or crayons and a firm writing surface like a table or clipboard so children can write the featured letter on their obstacle course checklists as well as decorate their checklist while they wait for their turn at an activity station.

Decorate your activity stations with flyers or table tents with the [knight themed poems and songs](#) that families can read while they wait their turn at an activity station.

