



EYFS fundamental movement activities



If you are lucky to have an outdoor space build an obstacle course with the children. Challenge them to races around the obstacle course. This can be a creative activity too as the children can design their own circuit and try to think of all the equipment and activities that can be used in the circuit.

Sheets can be used to make tunnels to crawl under or jump over.. Pool noodles, tyres and hula hoops can be used in imaginative ways.

If you do not have an outdoor space why not make your indoor space an exciting obstacle course? Use a ball of wool to create a challenging spiders web to crawl through, a blanket can make a dark tunnel, stuffed toys can be obstacles to circle around or jump over.

Use a stop watch and challenge your child to beat their time.

Have fun.