



MAIN ACTIVITY

GAME

Hockey Obstacle Course

Autumn 2 – Week 8

LEARNING OUTCOMES:

- Gross and fine motor skills.
- Hand eye co-ordination.
- Agility and footwork.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Expressive.

TIME:

10 mins.

EQUIPMENT:

Hockey sticks, balls and any of the equipment listed below.

SAFETY:

Children must be sensible with the hockey stick, don't swing the stick.

SET-UP:

Set up a start and finish line. Place obstacles around the room making use of entire area.

DESCRIPTION

Your obstacle course can contain any equipment from your resources box. Once set up the children continuously dribble around the course. Examples of obstacles could include: Agility ladder, agility rings, cricket stumps, bases and poles, bean bags, hoops, maze of cones and a goal at the end.

PROGRESSION/VARIATION

1. Increase difficulty with more equipment.
2. Increase difficulty by making area smaller.
3. Increase difficulty by returning to start if the children hit any equipment.
4. Give the children lives and they lose a life if they hit any of the obstacles.