

Exceptional Education / SUNY, Buffalo State
Instructional activity assignment - in lieu of the service learning assignment
Kathy R. Doody, Ph.D.

Domain- Physical gross motor

Targeted skills: Navigate a multi-step obstacle course. This skill is important for young children and their ability to follow directions and various gross motor obstacles. Some obstacles may include jumping, following a line, hopping, spinning, crawling, and running.

Materials required:

One box of multi colored sidewalk chalk.

https://www.amazon.com/Greenbrier-Sidewalk-Chalk-20-ct-Box/dp/B07B44GHMH/ref=sr_1_12?dchild=1&keywords=chalk&qid=1588982302&sr=8-12

Instructions:

- Locate a clear path on a driveway or sidewalk
- Draw different lines and directions on the sidewalk for child to follow
- Draw an obstacle course according to the child's abilities to include:
 - Following a line
 - Jumping
 - Running
 - Hopping
 - Spinning
 - Crawling
 - Clapping
 - Skipping
- Label each part of the activity by writing "Jump", "Run", etc.
- Assist your child by giving verbal prompts and model what is expected for each part of the obstacle course
- Make the obstacle course fun by including different colors for each obstacle and draw animal feet, stars to jump on, numbers to follow, or incorporate the letters of the alphabet and sing while they step on each letter.
- To encourage your child to complete the activity you can place a favored toy or snack at the end of the course.

Modifications that may need to be made based on child's needs. These modifications should be according to the child's current skills. If the child needs more verbal prompts, physical assistance, or less activities, modify where needed.

- Increase/decrease the steps to complete the course
- Introduce your child by giving one step activity and then increase slowly to allow skills to develop.

Notes - Existing skills include following a line, ability to follow instructions, balance, and walking. Skills to follow would include the ability to complete obstacle course without verbal prompts and decrease the level of support needed to complete the obstacle course.

Pictures:



JUMP OVER



RIGHT HOP

SIDEWALK OBSTACLE COURSE



FOLLOW



JUMP



RUN

BALANCE



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Checklist

Targeted skill

- Identify one or two targeted skills
- Justification – explain why this skill important for young children

Materials required

include price, quantity required, and links to follow to order materials

- Price for each required item
- Quantities required
- Links to ordering information

Instructions

- Step-by- step
- Specific and detailed

Modifications

- Identify at least 2-3 modifications
- Justify and explain why modifications were selected

Notes

- Lists prior skill(s) necessary for completion of activity
- List skill(s) to follow

Photo

- Photo(s) included

Comments/feedback: