

MOTOR CHALLENGING PHYSICAL ACTIVITY



MOVE AROUND SKI POLES



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Objective

In this activity, the children practise basic skiing skills.

Equipment

Skis, poles or cones

Instructions

1. Place all the ski poles (and any cones) randomly around a marked area.
2. The children move freely between the poles without touching them (and the cones). The children can also skate between the poles.

Tips

- In this activity, areas can be created with different levels of difficulty within the play area by placing the poles close together in some areas (difficult) and more spread out in other areas (easier). The children can choose where they want to play, and you have some control over where the children are based on their ability.

Variation

- A variation of the activity could be to play tag in the same area.