

## Chalk obstacle courses

While we still do not all have access to play parks or a garden with play equipment, chalk obstacle courses are a great alternative for getting your child moving and working on their gross motor skills. If you can get your child to help, it could support with their mark making skills too.

Movement breaks can also support many aspects of learning and development. Pathway chalk obstacle courses include aerobic activity; balance skills, outdoor time plus can help your child get ready to learn! It is super easy to set up and you may already have some on a path near where you live.

**Please ensure this activity is done in a safe space away from roads or any other hazardous dangers.**

See below for some ideas

