



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

OF Premier
Education

Cave: Suitable for 1 child or more.

Equipment:

- A range of materials, boxes, sheets, toys etc. to create a safe obstacle course.
- Blind fold

What to do:

Discuss with the children what a cave would look, feel and sound like.

Select safe and appropriate objects from around the house to create a cave obstacle course.

If possible this is best done in the garden.

Blind fold one child at a time and ask the other children to lead them (slowly!) around the course giving verbal instructions so they don't bump into anything.

Alter the layout of the course and repeat.

To add atmosphere to the cave, play sound effects in the background- such as dripping water, echoey sounds and eerie noises, or ask the children to make their own sounds.

When creating alternative routes, try to relate it to a story or fairy tale. For example, they could be Little Red Riding Hood going through the woods to her Grandmas house.