



Day Nineteen: May 19, 2020

SIDEWALK CHALK OBSTACLE COURSE

Gets children outside moving their bodies. This activity develops Physical Literacy skills, increases heartrate, and an opportunity for fresh air.

- Step 1: Find a safe place to create obstacle course. Some examples include sidewalks, outdoor basketball courts, personal driveway (away from vehicles).
- Step 2: Using chalk, create obstacle course to include skills like running, jumping, spinning and balance. These skills can be made as easy or challenging as the participant wants.
 - RIGHT HOI JUMP OVEF 000 NIdS SIDEWALK OBSTACLE FOLLOW COURSE TO THE SKY S HOIH GIVE JUMP BALANCE
- Step 3: Test it out!

Supplies:

- Chalk
- Safe space
- Pavement surface

DISCLAIMER: The CVRD is not responsible for any harm, including bodily or infrastructure, that may be caused as a result of doing this activity at home, so please use your discretion and participate within the scope of your abilities, knowledge and comfort level. Please feel free to alter this activity to suit your needs, and remember to be safe and have fun!