

Backyard Obstacle Course

Move. Play. Learn!

Turn your backyard into an exciting adventure zone! This fun obstacle course helps your child build confidence, strength and important motor skills.



Recommended Age
2–5 years



Time
20–40 minutes



Mess Level



Low mess
(outside play)



Skills Developed

- ✓ Gross motor skills
- ✓ Balance & coordination
- ✓ Strength & agility
- ✓ Problem-solving
- ✓ Focus & concentration
- ✓ Confidence & independence



What You'll Need

- Hula hoops
- ✎ Chalk
- 🛋 Cushions or pillows
- 🚪 Tunnels (or boxes)
- 🪣 Buckets or cones
- 🪵 Plank of wood (or tape line)
- 🏐 Balls or bean bags

(Use what you have!)



How to Set Up

- 1 Plan your course using different obstacles.
- 2 Add challenges like jumping, crawling, balancing and weaving.
- 3 Make sure the space is safe and clear.
- 4 Show your child how to complete the course.
- 5 Let them go at their own pace.
- 6 Cheer them on and celebrate their effort!



Challenge Ideas

- ★ Time a family member and try to beat their time.
- ★ Carry a teddy or ball through the course.
- ★ Add playful actions: hop like a bunny, crawl like a turtle!
- ★ Create a relay and race against a sibling or friend.



Chaos Tip

Change the course often to keep it exciting!
Use different toys and obstacles to spark new challenges and creativity.



Learning Through Play

While your child is having fun, they're also learning about:

- ✓ Spatial awareness
- ✓ Body control
- ✓ Risk assessment
- ✓ Persistence
- ✓ Following directions



Safety First

- ✓ Always supervise your child.
- ✓ Use soft surfaces when possible.
- ✓ Check all items are safe and stable.
- ✓ Avoid obstacles that are too high or slippery.



Share Your Adventure

We'd love to see your little champion in action!
Tag @ToddlerChaosCo on Instagram or Facebook.

#ToddlerChaosCo

