

Sheeplechase

SPORT
RELIEF
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Create a fabulous obstacle course for your little ones. As children hoof it around the challenges, you can use positional and directional words and improve their agility, balance, hand-eye coordination and physical confidence. By paying to take part in the fun, your little ones can raise lots of lovely cash too!

Early Years

Foundation Stage Links

Communication and language

- ★ Listening and attention
- ★ Understanding – following instructions to complete the Sheeplechase

Physical development

- ★ Moving and handling – showing good control and co-ordination; moving confidently; safely negotiating space

What you will need

- 1 A range of equipment, small and large (e.g. cones, mats, benches, ropes, pop-up tunnels, hula hoops, balls, bean bags, a tricycle)
- 2 Ropes and chalk to mark out pathways and areas
- 3 A safe space, indoors or out

The Sheeplechase activity

Try to design a course that allows you to use positional words such as **in, over, under, round, through,** and directional words such as **forward, backward, up, down, left, right, straight on.**

Timing how long it takes children to complete the course or taking part in teams would provide an element of competition.

You could share the poster 'Jinnat's Story' in your Nursery Fundraising Activity Pack with your little ones to help them understand why they are fundraising.

Download the poster at sportrelief.com/activities

Get your free activity pack from sportrelief.com/nurserypack

Obstacle ideas:

- **Walk or run** – forwards, backwards or sideways along a chalk line or around cones
- **Climb** – up play equipment or over an obstacle, such as a pile of mats
- **Balance** – on one leg for a count of 5, walk along a low bench or along a rope on the floor
- **Crawl** – through a pop-up tunnel, under a table or under a blanket
- **Catch** a large ball or balloon
- **Jump** – between stepping stones, into hula hoops on the floor
- **Throw** or carry bean bags
- **Pedal** a lap on a tricycle

