

Senior Fun Activities

5 to 10 Years

OBSTACLE RACE



Materials Required

- 1 Summer - summer shirt, cap, shades
- 2 Spring - hula hoop or stole
- 3 Monsoon - two closed umbrellas
- 4 Winter - jacket, muffler or stole, a glass of warm water
- 5 Stop watch/timer



Objectives

- 1 LANGUAGE:
 - To develop phonemic awareness.
 - To use sentences to describe what is observed.
- 2 MATH:
 - To do quantification, skip counting by 10s.
- 3 PHYSICAL DEVELOPMENT:
 - To enhance fine motor skills.
- 4 M&M:
 - To sing to rhythm.
- 5 CREATIVE EXPRESSIONS:
 - To explore art tools.

Let's play

How to play?

- Start the game from the living room.
- Give each room a name of a season - Summer, winter, monsoon, spring.
- Start the race with a timer.
- Two or three members can start at the same time.
- In the room named summer go and wear a summer shirt, wear a cap and shades.
- Move to the next room named spring by hopping all the way. If you have the hoola hoop put it over your head and all the way down and step out of it, else use a stole with the ends tied, to put around your head.
- Walk briskly to the third room - monsoon. Keep two closed umbrellas on the floor in a straight line and jump across it, forward and backward five times.
- Tip toe back to the fourth room - winter. Shed the summer shirt, cap and shades and wear the warm winter jacket, zip it up. Wear a stole or a muffler round your neck and drink a glass of warm water.
- Walk toe-to-heel back to the living room and shed the warm clothes. This marks the end of the race.
- If you do not have anyone to race against, then set the timer and see how much time you take to complete the race each time.

HAVE FUN!

