









Sidewalk Obstacle Course:

Key

Tip Toe	
Heel Walking	
Gallop	
Spin	
Backwards Marching	
Hop	
Walk the Line	
3 second Pause on 1 Foot.	

Materials:

- Sidewalk
- Chalk or Tape and Laminated signs

Use:

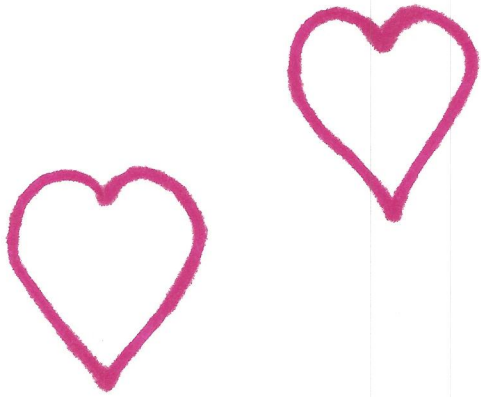
The sidewalk course should be periodically changed while keeping the symbols for each task the same.

Some Benefits:

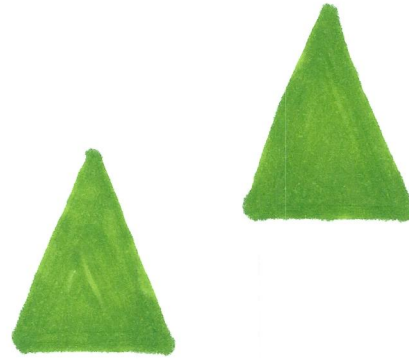
- Increase alertness
- Improves sensory modulation
- Improve math performance
- Cognition
- Motor Coordination
- Body Awareness



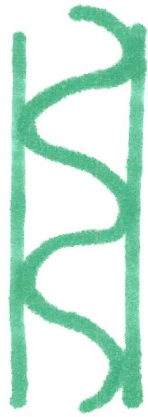
Tip Toe



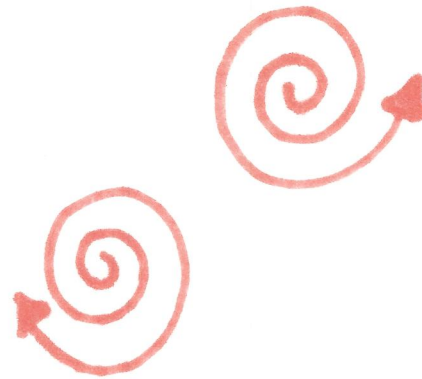
Heel Walking



Gallop



Spin



Hop



Walking



Backwards Marching



3 Second Pause (on 1 foot)

