

## Day Nineteen: May 19, 2020

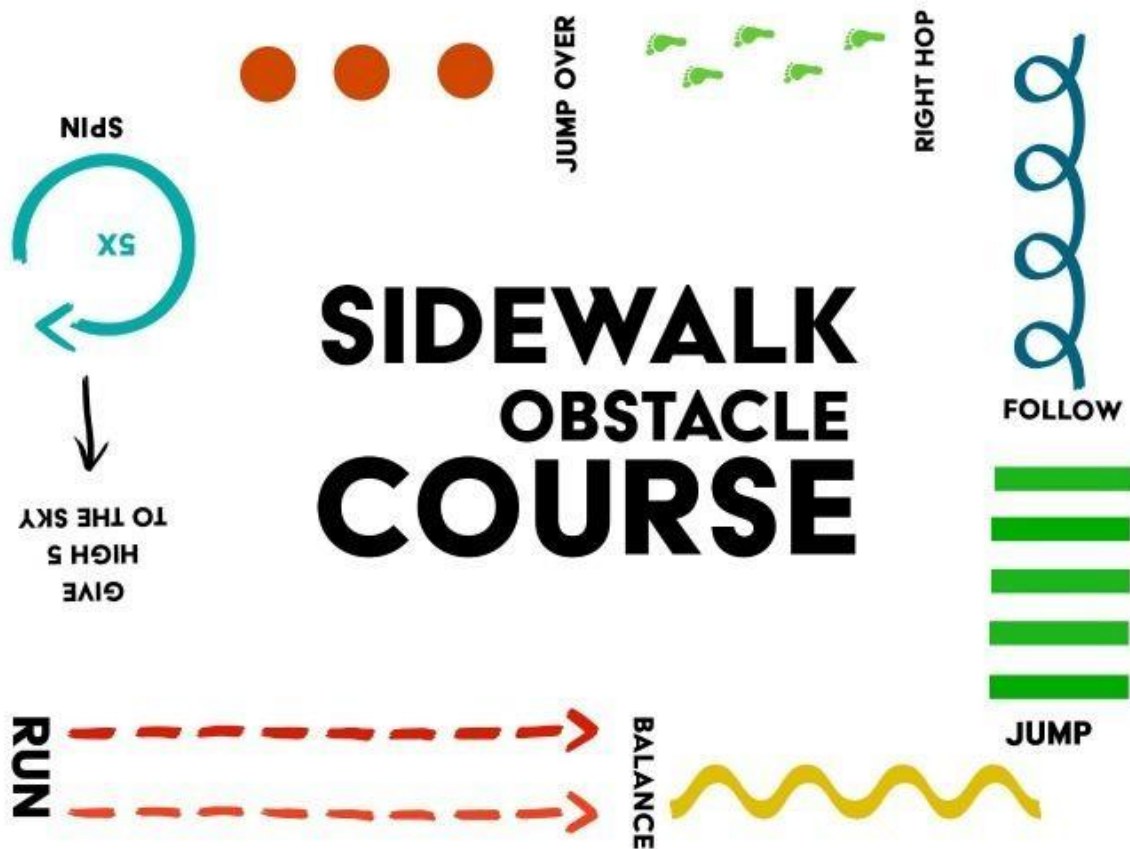
### SIDEWALK CHALK OBSTACLE COURSE

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.

**Step 3:** Test it out!



#### Supplies:

- Chalk
- Safe space
- Pavement surface