

Elements – Air: Bringing the outdoors inside, experiencing the ‘great outdoors’

Activities

With imagination, Outdoor Adventure can begin inside and outside the home, enabling physical activities to be experienced in a safe and familiar environment.

Trails and obstacle courses can be created to develop physical skills and self-confidence.

[^]RED - skill to be worked on
^{*}BLUE - modified equipment

Activity 1

[^]Thinking creatively to develop [^]mobility, coordination, dexterity and family [^]teamwork

Create a simple exploration map of obstacle stations (picture format or drawings/words) for inside the house

- Travel through/across room(s) using ^{*}household furniture, cushions; navigate around, over, through, under (depending on how your child moves around the house) eg a tunnel made of a ^{*}blanket/rug over chairs, attached to ^{*}cupboards/tables, depending on the height required for access
- At each obstacle station experience a physical activity push, pull, roll, throw, grasp an item, ^{*}ball, sock, rolled up paper, round fruit)

Top Tip:

Make the trails longer or shorter for more/less challenge, more/less items added, a personal timing challenge for completion, a number target for skill (how many times, can you improve?)

YST TOP SPORTSABILITY





Activity 2

Moving inside to outside developing ^Asensory/ spatial/self-awareness, mobility, striking

- Begin at home, create a trail using symbols (on ground) these could be pictures/symbols/photos or arranged coloured objects such as ^{*}ribbons, small boxes, cushions, buckets, rolled up towels
- The trail can focus on the stimulation of a specific sense; ^{*}rough/smooth surfaces to touch, paper balls, a wet sponge, crunched up paper (tactile) ^{*}torches, coloured rolling balls, bubble makers, shiny/sparkly materials (visual) ^{*}musical instruments, pan/spoon, shakers, mobile phone with music (auditory) ^{*}perfumes, flowers, leaves, soaps, herbs, foods, oils (smell)
- Hang items from trees; ^{*}bells, pegs on string and use hand/arm to ^Apush/strike or ^{*}rolled up newspaper

Top Tip:

The space and tasks between stations can be varied for fun, progression and challenge.

Activity 3

To develop ^Amobility, travelling and environmental awareness through ^Achoice/decision making and ^Aself-belief

- A trail can support transferring (travel/mobility) from one space to another, from home to a backyard, garden, surrounding areas, a park
- Use symbols or pictures/photos to create a map of the area, simple signs or sound cues to signify a change of direction, a specific landmark; ^{*}a tree, wall, bench
- Travel and ^Aroll/push/kick a ball towards a target, or around ^{*}trees, buckets, drink bottles, chairs

Top Tip:

Choice, preference and responsibility can be built into the activities.
Enable young person and family input into planning, how can your home environment be adapted to create an adventure trail?

Mix it up!

Add structure to the session, with some fun warm-up activities to music, pre-trail preparation (eg, sampling food essence smells), moving progressively around the course, then an end-of-trail event, such as a song or picnic, a themed story

- The aim of an outdoor session may revolve around the successful, personal engagement of the young person and family members

Top Tip:

Recognition of places, procedures, a consistent routine with a family member/carer can facilitate relaxation and confidence.