

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 ^Δsensory/ 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 ^Δpush/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 ^Δmobility, travelling and environmental awareness through ^Δchoice/decision making and ^Δself-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 ^Δroll/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.