Providing Encouragement for All Children

Scenario
You have planned a field day for all school-age children in your program, ranging in ages from 6 to 12 years. You have decided to have the following activities:

- Sack races
- Obstacle course
- Jump-rope station
- Foot races
- Bean-bag tossing
- Hula-hoop station

You notice that the majority of children are having a great time. They are able to complete the activities, but some are more challenging than others, especially the obstacle course. It seems that the older children are enjoying the obstacle course more than the younger ones. You start to notice some of your younger school-age children becoming upset because they cannot complete the obstacle course activity. During snack time, you decide to make a few changes. You make two obstacle courses, one that is labeled as being difficult and the other as less difficult. You change some of the obstacles to include things that are still challenging, but easier for younger or less skilled children to accomplish. This results in happy children who are excited to be able to complete the course. You even notice some of the younger children going through the “easy” one a few times and then trying their skills at the tougher one.

1. How did changing the obstacle course help support children with different skill or ability levels?

2. Why was it important to modify the course?

3. How does supporting children with different skill or ability levels help encourage physical activity?