



Exercise Information sheets

Hurdle exercises



You can use:

Hurdles

Brooms across buckets

A line on the ground (tape / chalk)

Pool noodles curved and pegged into the ground

Anything at all that a child can jump over (books, cushions, toys, hose...)

How to move:

Step over high hurdles

Jump with two feet together

Leap over or run through the hurdles

Change it up:

Change the height of the hurdles – mix them up, high and low

Move them closer together

Touch the ground in between jumps (frog jumps)

Alternate moving over and under the hurdles

Simplify:

Step over

Use the line on the ground rather than stepping/ jumping / running over a height

Engage:

Use them as part of a relay race

Carry something such as a ball as you move through the hurdles

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