



Natural Playgrounds Store

Natural Playgrounds Company
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Hurdles (set of 6)

UBP-LH

Shipping Weight: 48 lbs

Shipping Dimensions: 24"L X 10"W X 10"H

Brand: Natural Playgrounds Company

Toxicity: child friendly wood preservative

Age Appropriateness: all ages

Hurdles look like simple play elements (and they are), but they're deceptively challenging, no matter your age!

The growing incidents of childhood obesity are a direct reflection of how little children move and exercise, so almost anything that gets them to do things with their bodies is a good thing! We typically find that even lifting their legs, or maintaining their balance while stepping over something is a challenge for children.

The Log Hurdles are for infants and young toddlers. They provide a very simple, natural play exercise using small, natural logs, so that when they are not being used for hurdling, they can be picked up and moved - which is great for muscle building, laying out shapes with the small logs, feeling the texture of the log, feeling the difference in the texture when the log gets wet from the rain, and so on.

They come as a set of six, and because these ~6" diameter logs are very small, one child, or one child and a friend can move them (a lifting and carrying exercise) to new locations, planning a new route at the same time (very cognitively challenging).

The larger Hurdles for older kids consist of two short posts and a cross bar that can be mounted at any height depending on the age of the children/young adults using them.

Again, this simple product is phenomenal for developing balance, stability, coordination, and timing! Hurdling is an exciting sport that involves jumping over hurdles while running requiring speed, agility, and proper technique, all of which tests a child's ability to sprint, jump, and maintain rhythm.

Hurdling is so simple that anyone can learn it, but the amount of quick thinking that's needed to get your body to respond the way you need it to is very complex, and therefore requires practice.

These hurdles also come as a package of 6, though you may want more than one set so kids can get into a good running/jumping rhythm.

The posts can be set into the ground at various depths so you can change the height of the hurdle. If you want them for young or older adults, the posts can be easily extended.