



Inside Outside Obstacle Course

- **Purpose of Activity:** This course will help students develop cardiovascular and muscular endurance.
- **Standard:** Students will demonstrate competency in the motor skills and movement patterns needed to perform a variety of physical activities.
- **Objective:** The student will apply movement concepts such as body and space awareness, relationships, and qualities of movement to a variety of locomotor and body management skills.
 - The student will combine locomotor and non-locomotor skills into movement themes such as supporting body weight, creating bridges, and receiving and transferring weight.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment

Assessment Ideas:

- Reinforce the need for students to cooperate with each other and work together.

Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. Even though both courses may get crowded, these students may move their wheelchair outside the course or weave through the course in open areas.

See included CD for
electronic version.



Course Overview

1. Warm-up: The teacher will lead the students in a warm-up activity followed by a light stretch before the course begins.
2. Split the class into two even teams. The teacher will then explain both of the obstacle courses.

Please Note

- After the students finish each respective obstacle course, have the teams rotate to the opposite obstacle course and complete it.
- Starting note: Once the first student finishes the first exercise and moves to the second one, the next student in line should begin the first exercise, and so on. Encourage students to keep the obstacle course moving consistently.
- Closure: The teacher will review the purpose of the activity with the students. The students will describe how this game can benefit their cardiovascular fitness.

Adventure Series PE-1005



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Course 1 of 2

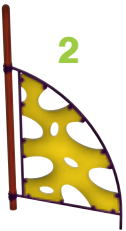
Grades K-2



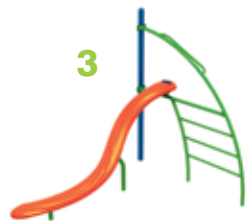
Inside Outside Obstacle Course 1



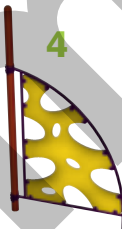
1 The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run toward the High Arch, where they will climb to the top of the ladder and slide down using both poles.



2 Next, the student will climb up and down each side of the crater arch.



3 At the Arch with Glide, the student will climb up the ladder and slide down the side.



4 The final exercise of the first obstacle course takes place at the second Crater Arch. The student will climb to the top of the crater arch and then climb down the opposite side before returning back to the starting point.

Once the student accomplishes this final exercise, they have reached the end of the first course. They will wait and encourage the remaining team members as they finish the course.

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Course 1 of 2

Grades K-2



Inside Outside Obstacle Course 2



This obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the equipment and climb up one of the outside walls of The Cage.

Once they reach the top, the student will carefully transfer over to the other side and climb down to the ground.

The student will run to a neighboring wall and climb to the top. They will carefully transfer to the other side and climb down again.

Have the student repeat this exercise on all four walls of the Cage.

Once the student accomplishes this final exercise, they have reached the end of the first course. They will wait and encourage the remaining team members as they finish the course.