



# Great Wall 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-705



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# obstacle courses

adventure series PE-705



Course 1 of 2

Grades K-2

## Great Wall Obstacle Course (continued)



### Great Wall Obstacle Course 1



1

This obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the Grid and climb all the way across.



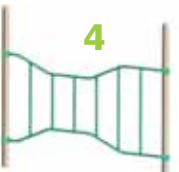
2

Next, the student will climb across one side of the Criss Cross.



3

The student will walk sideways across the Stump Jump.



4

The student will then climb across the Wave, making sure to set their foot within each opening along the way.



5

The student will carefully transfer from one side of the Wave to the other without touching the ground, and then climb all the way across again toward the Stump Jump.



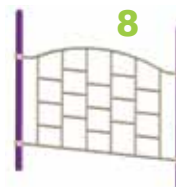
6

The student will walk sideways across the Stump Jump.



7

Next, the student will climb across one side of the Criss Cross.



8

Finally, the student will climb all the way across the Grid and finish the course where they started. They will wait and cheer for the other students as they finish the course.

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Course 1 of 2  
Grades K-2

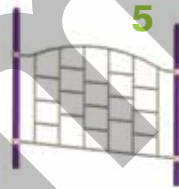


## Great Wall Obstacle Course 2



1

This obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the Wave and then climb all the way across.



5

The student will move to the opposite side of the Grid and climb all the way across again.



2

The student will walk sideways across the Stump Jump.



6

Next, the student will climb across one side of the Criss Cross.



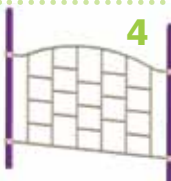
3

Next, the student will climb across one side of the Criss Cross.



7

The student will walk sideways across the Stump Jump.



4

The student will climb all the way across the Grid.



8

Finally, the student will climb across the Wave and finish the course where they started. They will wait and cheer for the other students as they finish the course.