



The Amazing 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-910



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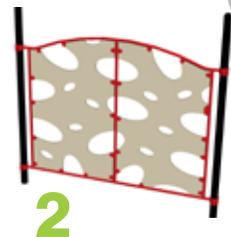
Course 1 of 3
Grades K-2

The Amazing Obstacle Course (continued)



The Amazing 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 curved ladder with the even bar sliding poles. The student will climb to the top of the ladder and then slide down the poles.



At the next exercise, the student will climb across the Sky Crater wall toward the Stump Jump.

2

3 When the student reaches the Stump Jump, they will jump up and down on each stump ten times on their way across.



The next exercise will require the student to climb up and down the Vertical Wave.



The final exercise of the first obstacle is the Crater Ladder. The student will climb up the ladder, touch the top bar, and climb back down before returning back to the starting line.

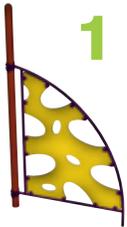
Once the student accomplishes this final exercise, they have reached the end of the first course. They will wait and encourage the remaining students as they finish the course.

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The Amazing Obstacle Course (continued)



The Amazing Obstacle Course 2



1

The student will begin by scaling over the Crater Arch toward the Criss Cross.



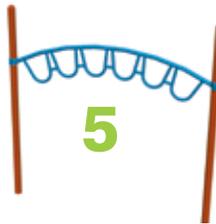
4

The student will climb up the Crater Ladder, touch the top, and reach for the Sky Arch.



2

The student will then climb across both sides of the Criss Cross rope bridge.



5

The final exercise of this course is to climb across the Sky Arch. The student will climb across to the end and then return to the starting point to meet up with their teammates.



3

The next exercise will require the student to climb across the Sky Link to reach the Crater Ladder.

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