



Cooperative Obstacle Course

- **Purpose of Activity:** The purpose of this activity is to have children understand what it means to include others in their group and to work together to complete a common activity.
- **Standard:** Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **Objective:** Students will enhance their balancing skills while completing each obstacle course. • Students will demonstrate the ability to transfer knowledge about rules, etiquette and motor skills from one game or sport to another.
- **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 introduce both of the obstacle courses.

Please Note

- After the students finish each respective obstacle course, have their 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-930



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Cooperative Obstacle Course (continued)



Cooperative Obstacle Course 1



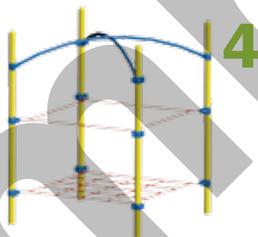
1 The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. One at a time, students will run to the High Arch. The student will climb to the top of the ladder and then slide down the poles.

Next, the student will climb across one side of the Grid and then transfer to the other side without touching the ground. The student will then climb across the second side of the Grid.

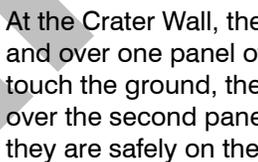


3 When the student reaches the RockBlocks Wall, they must climb up and over the wall. Once they reach the ground, they will climb through the first hole in the wall. They will climb up and over the second section of RockBlocks wall.

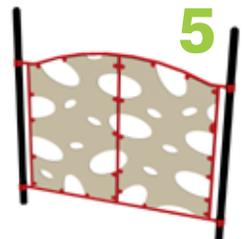
Once they reach the ground, they will climb through the second hole in the wall. They will then climb up and over the third section of the wall until they are safely on the ground again.



4 Traversing the Ring will cause students to pass members of the opposite team working their way through Cooperative Obstacle Course 2. Carefully, the student will choose a side of the Ring to cross without interfering with the opposing team or losing their footing on the ropes.



At the Crater Wall, the student must climb up and over one panel of the wall. Once they touch the ground, they must climb up and over the second panel of the Crater Wall until they are safely on the ground again.



6 The student must now balance on the Twister for 10 seconds without removing their feet from the platform. They may use the handles above their head for support.

7 Once the student accomplishes the final exercise, they have reached the end of the first obstacle course. They should encourage their remaining team members as they finish the course.

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Cooperative Obstacle Course (continued)

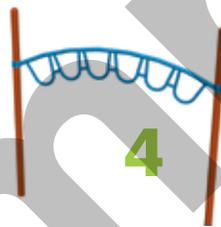


Cooperative Obstacle Course 2

1 The obstacle course begins at the Low Arch. The student will climb the ladder and slide down the even poles to the ground.

The student will next move to the V-Bridge. The student will use side steps and the supporting ropes to move from one end of the V-Bridge to the other.

3 Traversing the Ring will cause students to pass members of the opposite team working their way through Cooperative Obstacle Course 1. Carefully, the student will choose a side of the Ring to cross without interfering with the opposing team or losing their footing on the ropes.



4 Students must now make their way across the Sky Arch without allowing their feet to touch the ground.

Climbing into the Vortex, the student must spin three times to the left, followed by three spins to the right.



6 The final station of the obstacle course is the Crater Arch. The student will climb up and over one side of the Crater Arch and then carefully climb down the opposite side.