



Wacky Wilderness Obstacle Course

- **Purpose of Activity:** This course will teach children to understand what it means to include others in their group and work together to complete a common task.
- **Standard:** Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **Objective:** Students will discover how to balance on different body parts at different levels, becoming like a statue while making symmetrical and nonsymmetrical shapes. Students will explain and demonstrate basic movement patterns and performance cues related to games and sports. Students will display an understanding of the terminology, rules, safety concepts, movement patterns and performance cues that apply to games and sports.
- **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.

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 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-935



See included CD for
electronic version.



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Course 1 of 3

Grades K-2

Wacky Wilderness Obstacle Course (continued)

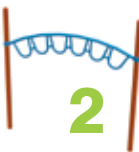


Wacky Wilderness Obstacle Course 1

The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will begin by running toward the High Arch.



1 The student will climb to the top of the ladder and then slide down the poles to the next exercise.



2 At the next exercise the students will climb across the Sky Arch, placing one hand in each ring.



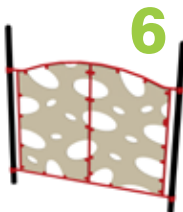
3 When the student reaches The Triple Vert, they will slide across using the supporting ropes to maintain balance and touch the pole on the opposite side. Once the student touches that pole they will slide back to the starting position.



4 Next, the student will climb across the Sky link toward the Crater Arches.



5 At the Crater Arches, the student will climb around each wall and return back to the Sky Link, where they will cross again toward the Triple Vert.



6 The student will then climb the Crater Wall. The student will climb up one panel and climb down the second panel on the same side.



7 Finally, the student will climb the ladder of the Low Arch and slide down the even bars using both feet and hands for support. Once the student accomplishes this exercise, they have reached the end of the first course.

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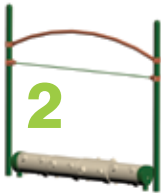
Wacky Wilderness Obstacle Course 2



1 The student will begin by climbing to the top of the Vertical Wave and back down to the ground.



5 The students will climb around both sides of both arches and return to the Triple Vert, which they will climb across once again.



2 The second exercise is to carefully step across the Wacky Log, using the overhead line for support.



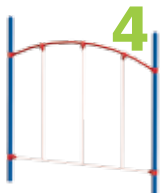
The student will then reach and climb across the Flying V.



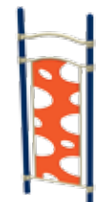
3 The next exercise will require the student to climb to the top of The Wall and then climb across The Wall and back down to the ground.



7 Carefully the student will rotate from each Stump Jump log until they reach the Crater Ladder.



4 Once the student reaches the pole they will head left toward the Triple Vert. Carefully side-stepping across the bars, the student will run to the twin Crater Arches.



8 The student will climb to the top of the Crater Ladder, touch the overhanging metal bar, climb back down, and return to the starting position.