



Grand Canyon 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 RB-1010



Continued on the next page...

obstacle courses

adventure series RB-1010



Course 1 of 2

Grades K-2

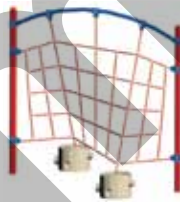
Grand Canyon Obstacle Course (continued)



Grand Canyon Obstacle Course 1



1 The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the first End Wall, where they will climb to the top.

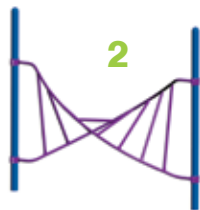


4 The student will then side-climb all the way across the Criss Cross.



5 The student will run through the tunnel underneath the Zig Zag Slide so that they are now on the opposite side of the Adventure Series equipment.

They will then climb across the Criss Cross again. **(4)**



2 The student will carefully transfer from the End Wall to the Helix without touching the ground. He or she will then climb all the way across the Helix.

The student will then climb all the way to the top of the Curved Wall again and tag the top of the wall before climbing back down to the ground. **(3)**

The student will side-climb across the Helix and then transfer to the End Wall without touching the ground. **(2)**



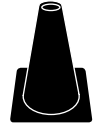
3 The student will carefully transfer from the Helix to the Curved Wall without touching the ground. They will climb up until they can touch the top of the wall, and then they will climb back down to the ground.

The student will climb back down the End Wall to the ground. **(1)** The student will then run back to the starting point. Once the student has completed this exercise, they have finished the course. They will wait and cheer for their classmates while they finish the course.

Continued on the next page...

obstacle courses

adventure series RB-1010



Course 1 of 2

Grades K-2

Grand Canyon Obstacle Course (continued)



Grand Canyon Obstacle Course 2



1 The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the first End Wall, where they will climb to the top and then back down again.



2 The student will climb up the Diagonal Climber and slide down the Zig Zag Slide.



3 The student will then side-climb all the way across the Criss Cross.



4 The student will transfer from the Criss Cross to the Curved Wall without touching the ground. They will climb to the top of the wall, tag the top, and then climb back down to the ground.

Once they have reached the ground, the student will climb through the tunnel in the Curved Wall so that they are now on the opposite side of the Adventure Series equipment.

They will then climb across the Criss Cross again. **(3)**

The student will climb up the Diagonal Climber and slide down the Zig Zag Slide. **(2)**

The student will climb back up the End Wall, touch the top, and then climb back down to the ground. **(1)** The student will then run back to the starting point. Once the student has completed this exercise, they have finished the course. They will wait and cheer for their classmates while they finish the course.