



Adventure Series Challenges

- **Purpose of Activity:** This game will teach students to work together to accomplish a common goal.
- **Standard:** The student will achieve and maintain a health-enhancing level of physical fitness.
- **Objective:** Students will participate in activities that develop muscular strength and endurance.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment

Assessment Ideas:

- Reinforce to the students that sharing and taking turns is very important for both safety and enjoyability of the game.

Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. These students can assist others at each station, and the teacher can adapt the game to the ability level of each student.

Game Overview

1. Warm-up: The teacher will lead the students in a warm-up activity, followed by a light stretch before the activity begins.
2. Divide the class into four groups, and assign each group to one of the four components of the Adventure Series equipment.
3. At The Grid, ask the students:
 - Can you fit all group members on the Grid at once?
 - Can two students climb across the Grid on opposite sides at the same time?
 - Can everyone climb across both sides of the Grid without touching the ground?
4. At the Criss Cross, ask the students:
 - Can you fit all group members on the Criss Cross at once?
 - Can two students climb across the Grid using opposite sides at the same time?
 - Can each student climb walk from stump to stump and back again?
5. At the Stump Jump, ask the students:
 - Can you fit all group members on the Stump Jump at once?
 - Can two students walk across the Stump Jump on opposite sides at the same time?
 - Can each student jump from stump to stump and back again?
 - Can each student walk across the Stump Jump without touching the ropes?
6. At the Wave, ask the students:
 - Can you fit all group members on the Wave at once?
 - Can two students climb across the Wave on opposite sides at the same time?
 - Can each student climb across both sides of the Wave without touching the ground?
 - Can you climb each space on the Wave?
7. Alternative challenges can be created by the teacher for each station.

See included CD for
electronic version.

