



# Crazy Carnival 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-905



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# obstacle courses

adventure series PE-905

## Crazy Carnival Obstacle Course (continued)

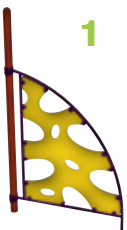


Course 1 of 2

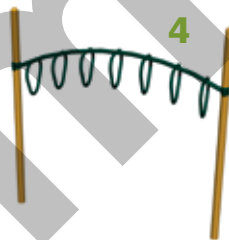
Grades K-2



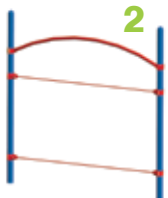
### Crazy Carnival Obstacle Course 1



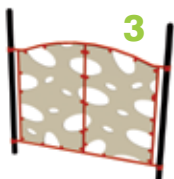
**1** The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run toward the Crater Arch, where he or she will climb both sides before moving on to the next exercise.



**4** The final exercise of the first obstacle is the Sky Link. The student will climb from one side to the other before running back to the starting line.



**2** At the next exercise, the student will walk across the Tight Rope.



**3** After the Tight Rope, the student will scale across the Crater Wall.

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

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# obstacle courses

adventure series PE-905

Crazy Carnival Obstacle Course (continued)



Course 1 of 2

Grades K-2



## Crazy Carnival Obstacle Course 2



1 This obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the equipment, and then climb up the outside wall of the Crater Ladder.



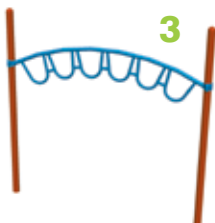
4 The next exercise will require the student to climb across The Warp.



2 The student will then climb all the way across the Criss Cross.



5 The final exercise of this course requires the student to climb both sides of the Vertical Wave. The student will return to the starting line to meet up with their teammates.



3 After the Criss Cross, the student will climb across the Sky Arch.

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