



# Climb Away 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-915



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# obstacle courses

adventure series PE-915



Course 1 of 3

Grades K-2

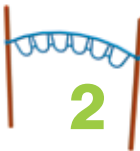
## Climb Away Obstacle Course (continued)



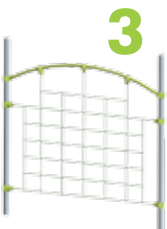
### Climb Away Obstacle Course 1



The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the Low Arch, where they will climb to the top of the ladder and then slide down the poles.



The student will then climb across the Sky Arch toward the two Walls.



The student will climb up and over the first Wall until they are standing on the ground between the two Walls. They will then climb up and over the second Wall.



The student will climb across the Sky Link toward the High Arch.



At the High Arch, the student will climb up the ladder and slide down both poles. Once the student finishes the 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-915

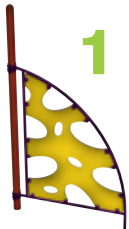


Course 1 of 3  
Grades K-2

## Climb Away Obstacle Course (continued)



### Climb Away Obstacle Course 2



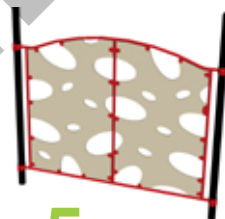
**1** The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run to the Crater Arch and climb to the top.



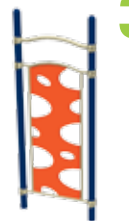
**4** The student will walk across the Wacky Log, using the overhead rope for support if necessary.



**2** The student will transfer from the Crater Arch to the Vertical Wave and climb down to the ground.



**5** The student will climb up one side of the Crater Wall, then carefully transfer over the top to the second side before climbing down to the ground. Once the student finishes the final exercise, they have reached the end of the course. They will wait and encourage the remaining team members as they finish the course.



**3** Next, the student will climb up and over the Crater Ladder and back down to the ground.