



Left vs. Right 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.

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-925



See included CD for
electronic version.



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Course 1 of 3

Grades K-2

Left vs. Right Obstacle Course (continued)



Left vs. Right Obstacle Course 1

The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run toward Stump Jump.



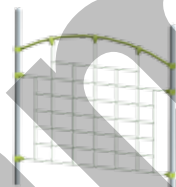
1 The student will spin five times around each stump before moving to the next exercise.



2 At the next exercise the student will climb across the Sky Link to outside of the Vertical Wave.



3 When the student reaches the Vertical Wave, they will climb up to touch the top bar and then climb down again.



4 The student will climb across The Wall toward the Crater Arch.



5 The final exercise is to perform 10 jumping jacks in front of The Crater Arch.

Once the student accomplishes 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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Course 1 of 3
Grades K-2

Left Vs. Right Obstacle Course (continued)



Left vs. Right Obstacle Course 2



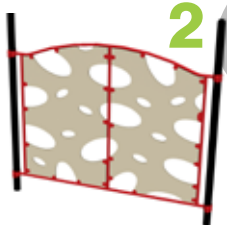
1

The student will begin by balancing on the Twister for 10 seconds.



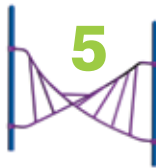
4

The next exercise will require the student to climb up and down the Crater Ladder.



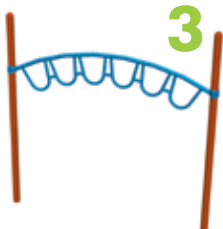
2

Next, the student will climb the outside wall of the Crater Wall.



5

After the Crater Ladder, the student will side-climb across The Helix toward the RockBlocks Wall.



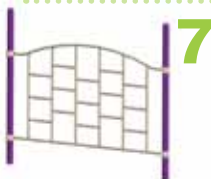
3

The following exercise will require the student to climb across the Sky Arch toward the Crater Ladder.



6

The student will use the ladder to climb toward the RockBlocks Wall and then climb across the RockBlocks Wall itself.



7

The student will climb across the Grid to the second RockBlocks Wall, completing the course.