

# The Ultimate Obstacle Course

*No matter what the class size, everyone is actively participating at his or her own level of ability. Students work at their own paces, and it enriches their self-esteem.*

## Curriculum/State Standard

This project meets all three of the PA State Standards.

- 1 - Concepts, Principles, and Strategies of Movement
- 2 - Physical Activity
- 3 - Safety and injury prevention

## Overview

The project can be as detailed or as simple as you need it to be. I first start out by setting up something simple so the students can learn how to follow directions at each station and learn where to go to next. I then set up the obstacle course according to the grade level that I am teaching and expand from there.

## Objectives

- The student will learn to read independently.
- The student will understand and respond to written, pictorial, or symbolic information.
- The student will be doing grade level math activities while developing cardiovascular endurance and strength.

## Materials

Numbered cones, mats, writing boards, benches, aerobic steps, horizontal bar, tunnels, horizontal ladder, balance beams, balls and targets, amazing wobbler, flying turtles, fitness dice, scooters

## Readiness Activity

This project takes a lot of time to get ready, but once you have it set up and if you can leave it up, the availability of the activities is great. The only time needed would be to walk through and make sure everything is safe and secure.

*Continued on the back...*

# 1-8

GRADE LEVEL



ARTS



LANGUAGE



MATH

# Misc

MISCELLANEOUS



SCIENCE



HISTORY



SOCIAL STUDIES

# On-Going

MONTHS

# \$1000

TOTAL BUDGET

## *“The Ultimate Obstacle Course” project continued...*

---

### **Strategies/Activities**

Divide Gym into 4 rows. Start with horizontal bar with mats down.

- Student jumps across mat (river) and rolls to fence
- climbs fence
- goes under and then over to 1st skill
- throws a number of balls into target
- after skill is completed crawls thru tunnel
- goes under then over something to next skills station
- aerobic step routine
- walk balance board
- jump and tap
- climb over and roll to next skills station
- scooter station
- student has to ride scooter to a destination and back
- zig zag through cones and climb through the horizontal ladder
- zig zag up and over high jump bar throwing station
- amazing wobbler station
- fitness dice station
- shooting gallery station
- ring toss station
- flying turtle station and then back to the beginning to start again.

Stations can change and you can start students all through the course so that everyone is busy.

### **Culminating Activity**

A championship round of which boy and girl can travel the fastest through the obstacle course while completing the necessary stations

### **Evaluation**

The students were evaluated thru visual participation.