Name:

Obstacle Course

Objectives

In this activity, you will work in a small group to:
- Create an obstacle course using items in the room
- Complete the obstacle course

Activity Overview

Staying fit and active every day is important for your health. Even if you can't get to a gym, park, or playground, you can still stay fit and active. All it takes is a little imagination, a little bit of space, and a few things from around your room. Today you are going to create and complete an obstacle course. Get ready to move your body!

Key Vocabulary

- **obstacle course:** a path with challenges for people to complete as they go, such as things to climb over, crawl under, or run around
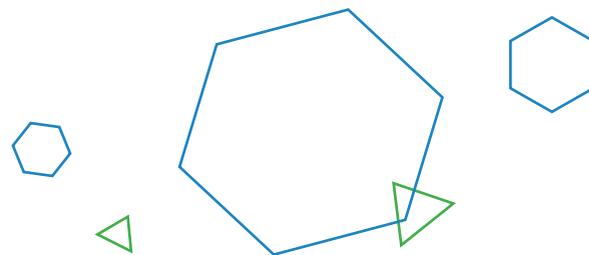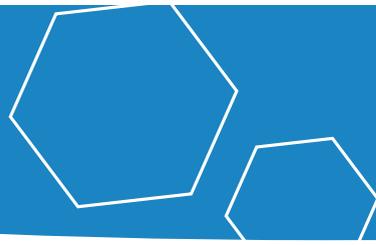
Materials Needed

Per Small Group
- Masking tape
- Stopwatch or watch with a second hand
- Paper and pencil

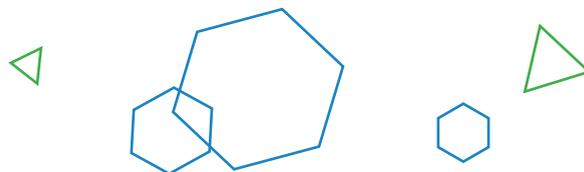Per Whole Group
- Various items from around the room

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Activity Instructions

This activity is meant to be completed in two 30-minute sessions.

Session 1

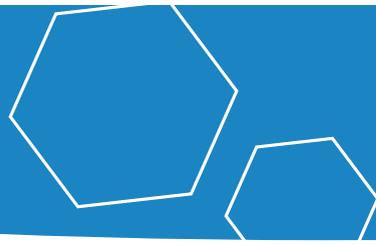### Designing the Course: 20 minutes

1. Ask your instructor where you can set up an obstacle course in the room. It doesn't have to be a large space, but make sure there is enough room for you and your group to move around.

2. Gather items from around the room to use in your obstacle course. Make sure to check with the instructor if you are unsure if you can use the objects. Be creative! Many everyday objects can be used in an obstacle course. Here are a few tips:
   - Look for things you can jump over, such as a row of blocks.
   - Look for things you can crawl under or through, such as a row of chairs.
   - Set up things to run around, such as a coat stand or a stack of paper towels.

3. Set up the various objects to create your obstacle course. Make sure there is nothing breakable or sharp nearby. Don't build any obstacles that are dangerous.

4. Create a starting point and a finish line. Mark these with masking tape on the floor. Also create arrows to show scholars how they should complete the course.

Checking for Safety: 10 minutes

5. Before trying your obstacle course, have your instructor review it to make sure it is safe. Explain to them what you will do at each point of the course.

6. Make any necessary changes for safety and have the teacher review the course again.

7. Move slowly through the obstacle course one time as the instructor watches.

8. Once the adult says your course is okay, you can begin.
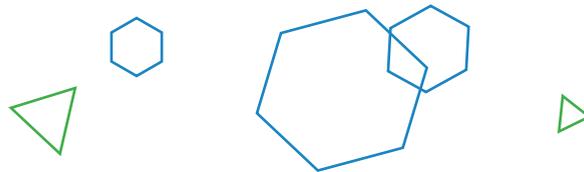
Session 2

Running the Course: 30 minutes

9. Write each group member's name on the paper. Then create several columns after each name to record their time.

10. Have each group member complete the course in alphabetical order by the first letter of their last name.

11. Have one person time them using the stopwatch. Write down their time on the paper.

12. If members make a mistake on the course, they must go back to the beginning and restart.

13. After each group member has had a chance to run the course, take a look at the times and determine which group member achieved the best time.
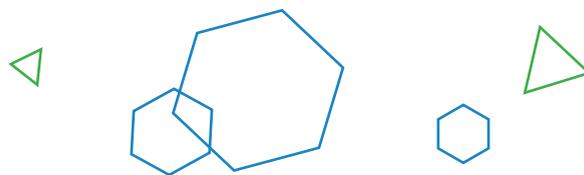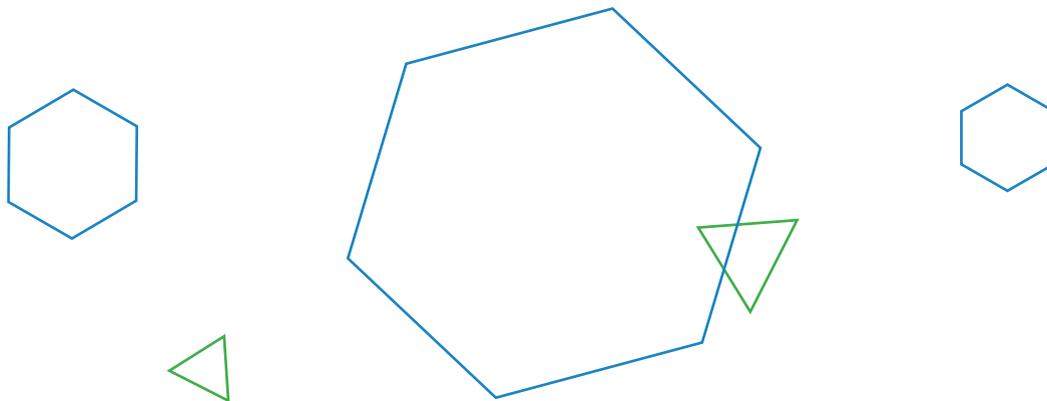
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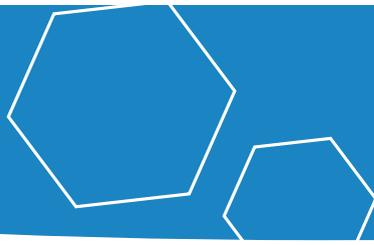
14. Try these ideas if you get stuck:

- If you don't have a lot of items you can use for your course, you can make an obstacle course with just the masking tape. Put tape on the floor to hop on, run around, or jump over, or use it to mark stations to do jumping jacks, sit-ups, or push-ups.

- If you don't have a lot of space for your course, you can make a small course in a circle. Set a number of times you will go around the circle to complete the course.

Questions for Discussion

- What part of the course was the hardest to get through? Why?

- What kinds of skills did you need to get through the course?

- How could you change the course to make it easier or more challenging?

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TEACHER NOTES

Before the Activity

- Make sure you explain to scholars very clearly and concisely what the goal of this activity is. Be sure all scholars understand what you mean by an obstacle course. You might consider finding an example of a course on YouTube or another online platform to show scholars.
- Be sure that the classroom will work as an appropriate staging ground for the obstacle courses, including social distancing measures. If you don't think it will work, please consider moving to another location.
- Safety in this activity is very important. Be sure to make this very clear to scholars at the outset. No group should design obstacles that have the potential to cause harm.
- Be sure to clean or wipe any materials before scholars use them.

During the Activity

- Each small group should contain 3-5 scholars.
- Monitor the construction of the courses to ensure safety. This is especially important during the second part of session 1, but you should monitor the course construction throughout.

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