

### SHAPE Standards:

5

### DPE Outcomes:

- I can discuss how I overcame a challenging activity for me.

### Equipment:

- Equipment for Challenge Course
- Music for Challenge Course

### Instructions

Design a course around the perimeter of the area using some of the following ideas:

- Step on jumping box, dismount to tumbling mat, and do a forward roll.
- Run and weave through four wands held upright by cones.
- Handwalk across a horizontal ladder or do a flexed-arm hang from a climbing rope for 5 seconds.
- Step on and off three jumping boxes (small-large-small).
- Agility run through hoops.
- Perform jump turns.
- Leap over a magic rope held taut with two chairs or jumping boxes.
- Hop on one foot.
- Do a log roll across a tumbling mat.
- Alternate going over and under six obstacles (cones and wands or hoops).
- Crouch jump or scooter movements the length of a balance-beam bench.

Slide through a parallel tumbling mat maze (mats stood on their sides).

### Teaching Hints

Use taped intervals of music and silence. When the music is playing students travel through the challenge course. When the music stops, youngsters do some stretching and strength development exercises. This gives them a chance to recover aerobically. Distribute students throughout the course rather than lining them up at a starting point. Faster moving students can pass on the outside.

Change directions periodically to prevent a build-up of students at one station.