

Obstacle Course



Curriculum Links

Scotland

I am discovering ways that I can link actions and skills to create movement patterns and sequences. This has motivated me to practise and improve my skills to develop control and flow.

HWB21

UK

take part in outdoor and adventurous activity challenges both individually and within a team

Key Concept

To encourage creativity, teamwork, and problemsolving skills through the design and implementation of an assault course.

4 QUALITY EDUCATION



3 GOOD HEALTH AND WELL-BEING



Background

Unleash creativity and teamwork with our exciting Design Your Own Assault Course lesson! Students will work in small groups to create thrilling courses using playground structures, external buildings, and PE equipment. Through collaboration and problemsolving, they'll design innovative challenges and obstacles to test their classmates' skills. After testing their creations, students will rotate through each course, experiencing a variety of designs and sharing their ideas with classmates. Join us for an actionpacked adventure of creativity and teamwork!

Resources

- Playground
- PE equipment (cones, hoops, ropes, etc.)
- Stopwatch or timer

Wider Skills

- Observation
- Spatial awareness
- Creativity
- Critical thinking
- Communication

Lesson

1. Introduction (5 minutes):

Explain to the children that they will have the opportunity to design their own assault course using various elements of the playground and PE equipment.

Emphasize the importance of cooperation and teamwork during the activity.

2. Designing the Assault Course (15 minutes):

Divide the class into small groups and provide them with the task of creating an assault course.

Set the requirement that the course must include a certain number of steps using playground structures, external buildings, and playground equipment. Additional elements can be supplemented by PE equipment.

Allow the groups time to plan and design their courses, encouraging discussion and collaboration among group members.

Encourage groups to share their ideas with the class, highlighting any particularly innovative or creative concepts.

3. Testing the Assault Courses (10 minutes):

After the design phase, invite each group to test their assault course to ensure it functions as intended.

Use a stopwatch or timer to time each group as they complete their course, promoting friendly competition and motivation.

4. Carousel Activity (15 minutes):

Arrange the class into smaller groups and designate a starting point for each group at one of the assault courses.

Instruct one member from each original group to remain at their station as the "explainer" while the rest of the group rotates to visit other courses.

Encourage the explainers to guide the new groups through their course, explaining the design and any challenges or highlights.

Rotate groups through each station to ensure everyone has the opportunity to explain and experience different courses.

Assessment:

Observation: Monitor students' engagement and participation during the design and testing phases, noting their ability to work collaboratively and creatively.

Reflection: Encourage students to reflect on their experiences, discussing what worked well and any challenges they faced during the activity.

Evaluation: Assess the effectiveness of each assault course based on factors such as creativity, functionality, and the level of engagement it generates among participants.

Older Classes

To enhance this lesson, introduce more complex challenges and elements to stimulate critical thinking and problemsolving skills. Encourage students to incorporate strategic elements into their assault course designs, such as specific themes or objectives. Provide opportunities for leadership within groups and promote effective delegation of tasks. Include time for reflection and peer feedback to encourage selfawareness and evaluation. Consider extending the duration of the activity to allow for thorough planning and testing of the assault courses.

Younger Classes

For younger students, simplify the activity and provide more hands on support and guidance throughout. Focus on basic concepts of cooperation and teamwork, allowing children to contribute in simple ways to the design of the assault course. Use familiar and safe materials that are suitable for their age and developmental stage. Emphasize exploration and sensory experiences, incorporating elements like colours, textures, and simple movements. Keep instructions clear and concise, and provide plenty of encouragement and positive reinforcement. Consider incorporating music or storytelling to enhance engagement and keep the activity fun and interactive.