

# Obstacle Course Relay

STAY  
ACTIVE

To enhance agility, coordination, and teamwork by completing an obstacle course in a relay format.



## Learning Intentions

**I can improve my agility and coordination by navigating an obstacle course:**

This encourages students to practice quick movements and learn how to control their bodies while running, jumping, and crawling through various obstacles.

**I can develop teamwork and cooperation by participating in a relay-style race:**

This helps students work together, take turns, and support each other while completing the course.

**I can challenge myself and improve my physical fitness through fun, active movement:**

This promotes physical endurance and the importance of staying active while enjoying a competitive, engaging game.



## Success Criteria

**Completing Each Obstacle with Balance and Coordination:**

Students can complete each obstacle in the course while maintaining balance and coordination, focusing on careful movement and improving physical control.

**Following Relay-Style Rules and Taking Turns:**

Students can follow the relay-style rules and take turns with their teammates to complete the course, reinforcing teamwork, patience, and communication.

**Demonstrating Agility and Endurance:**

Students can demonstrate physical agility and endurance as they run, jump, and crawl through the course, ensuring active engagement in improving their movement skills.



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**Objective:** To enhance agility, coordination, and teamwork by completing an obstacle course in a relay format.

**Players:** Ideal for groups of 4-12 students (split into teams of 2-4 players).

### Materials:

- Cones or markers to outline the course.
- Ropes or hurdles for jumping.
- Optional: Soft objects like foam blocks for crawling under, or tunnels for students to pass through (you can use tables for this).
- Timer/s or stopwatch/s for timing.

**Time Required:** 10-15 minutes, depending on the size of the group and course.

### Setup:

1. Set up an obstacle course with a variety of obstacles such as cones for weaving, ropes for jumping, and spaces for crawling through.
2. Split the students into teams. Each team will line up at the starting point, ready to race through the course.

### Gameplay:

1. **Introduce the Course:** Explain the rules and the obstacles that make up the course. Show students how to navigate each obstacle (e.g., weaving through cones, jumping over hurdles, crawling under ropes).
2. **Start the Relay:** One team will run the course at a time (if your course and space are big enough you can start the next team when the previous team reaches a certain obstacle in the course, you will need two timers for this option). Have the first team line up at the starting point. Both players in each team start the race by running through the course, helping each other if needed along the way.
3. **Complete the Obstacles:** As players move through the course, they must complete each obstacle in the proper sequence. Encourage students to focus on agility, balance and coordination as they move through each stage of the course.
4. **Timing scoreboard:** As each team completes the course list their completion time on the board, this will act as a leaderboard.
5. **Reflection Time:** After completing the race, gather the students and discuss how they felt:
  - "What part of the obstacle course was the hardest?"
  - "How did you feel when you completed the course?"
  - "How did you work as a team to complete the relay?"

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**Winning the Game:** The first team to complete the obstacle course with all team members is the winner. Emphasize that the goal is to have fun and improve agility, not just to win.

**Additional Notes:** The "Obstacle Course Relay" is a fun, physical activity that helps students develop motor skills such as running, jumping, crawling, and weaving. It promotes teamwork, healthy competition, and the importance of moving in different ways to strengthen various muscle groups. This game can be adapted for different skill levels by adjusting the difficulty of the obstacles and allowing for creative problem-solving in completing the course.