

Obstacle Switcheroo

STAY
ACTIVE

To help students practise adaptability through physical play by navigating an ever-changing obstacle course. Pluto reminds us that paths can shift, but with the right attitude, every twist and turn is an opportunity for discovery.



Learning Intentions

I can try new challenges even when they change:

This helps develop adaptability and courage.

I can move through an obstacle course with focus and fun:

This promotes physical coordination and problem-solving.

I can stay calm and keep going when the path changes:

This builds emotional flexibility and perseverance.



Success Criteria

I can move safely and confidently through changing obstacles:

This supports both physical literacy and resilience.

I can try again if I feel confused or something changes:

This shows a growth mindset and persistence.

I can enjoy surprises and changes in the activity:

This encourages positive emotional responses to unexpected challenges.



Obstacle Switcheroo

STAY ACTIVE

Objective:

To help students practise adaptability through physical play by navigating an ever-changing obstacle course. Pluto reminds us that paths can shift, but with the right attitude, every twist and turn is an opportunity for discovery.

Players:

Ideal for small groups or whole-class rotations

Materials:

- Cones, mats, hoops, beanbags, tunnels, chalk, or classroom furniture
- Music (optional)
- A large open space (indoors or outdoors)

Time Required:

15–20 minutes

Setup:

Begin by reading the Pluto page from *The Playful Astronauts* and discussing:

- “What do we do when things don’t go as planned?”
- “How can we stay calm and flexible when something changes?”

Create an obstacle course using available equipment with 3–5 stations (e.g., jump through hoops, crawl under a table, balance along a rope). Explain that the course will change a little each time they go through it, just like how Pluto’s orbit is different from the other planets!

Gameplay:

Step 1 – Run Through Once:

Students complete the obstacle course as it’s first shown.

Step 2 – Switch It Up:

While students are finishing, secretly change one or two elements of the course, such as:

- Swap jump for crawl
- Add a new action (spin in a hoop)
- Remove a step or reverse direction
- Lengthen the gap between stepping stones.

Tell students, “Pluto’s changed the path again!”

Obstacle Switcheroo

STAY
ACTIVE

Step 3 – Repeat and Reflect:

Repeat with small surprises each round. Cheer on students who laugh, adjust, and try new things.

Between rounds, ask:

- “How did you feel when the obstacle changed?”
- “What helped you figure it out?”

Winning the Game:

Anyone who keeps going, tries their best, and adapts to the new path is a winner. Pluto shows us that every unexpected twist is a part of the adventure.

Variation:

Let the students take turns being the “Pluto Switcher,” making changes between rounds. In class, consider having students suggest new rule changes as they become more confident.

Additional Notes:

Obstacle Switcheroo is more than just physical play, it's a metaphor for life's little surprises. Students learn that things might not always go as planned, but with a playful spirit and flexible mindset, they can keep moving forward with joy.

