Obstacle Course

Introduction: In this lesson, students will run through an obstacle course as quickly as they can. They will work in teams and try to get the fastest time out of all the teams.

Grade Level and Subject: 6th Grade P.E.

TEKS: 1C, 6A, 7C

Materials: 4 to 5 plastic buckets or pails (filled with water)
- Small child’s swimming pool
- Baseball bat
- Jump rope
- Log (or something that can be used as a low hurdle)
- Low balance beam
- Stopwatch
- Cones (use to designate start and finish and set layout of course)
- “Obstacle Course Layout” (see next page)

Activity: Set up an obstacle course to test students’ ability to successfully accomplish a variety of tasks. The obstacle course layout shown on the next page in this lesson is just one example of such a course. Gather the materials listed above. Set up the obstacle course according to the sample, or create another course. Fill the buckets (or pails) with water. Set out the cones to designate the start and finish of the course. Also, use the cones to set the layout of the course.

Divide the class into teams of four or five students. Each team will run through the obstacle course as quickly as they can. Use the stopwatch to time each team as they go through the course. The team with the fastest time wins.

Evaluation: Students will be evaluated on how well they complete the course and how well they work as a team (offering support and encouragement, etc).
Sample Obstacle Course Layout

Description of the course:

1. From the starting point, run 20 feet or so to the log and jump over it.

2. Run another 20 feet or so to the buckets of water. Pick up one bucket and carry it another 20–30 feet; dump the water into the pool.

3. Run 20 feet to the low balance beam. Successfully cross the beam without falling off. Students who fall must go back to the start of the beam and try again.

4. Run 40 feet to the baseball bat. Place your forehead on the bat and spin around 3 times. The tip of the bat must touch the ground. The students’ foreheads must touch the bat.

5. Run 40–50 feet to the jump rope and jump five times.

6. Run the last 40 feet to the finish line. Once the student crosses the finish line, the next team member may go.

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