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| **Name of Activity:** **Locomotor/Relationship Obstacle Course** |

**Purpose of Activity:** To reinforce different locomotor movements and relationships such as over/under, through, on top of, left/right

**Activity cues:** Students will say what they are doing on each obstacle (“I’m on top of it” “I’m going through it” etc.)

**Prerequisites:** Students must know a variety of Locomotor Movements and Relationships such as over/under, through, on top of, left/right

**Suggested Grade Level:** K-2

**Materials Needed:** Wedge Mat, 4 Multi-Domes w/Hula hoops, 32 large cones, 3-4 small hurdles, 3 Noodles, 6 Noodle connectors, 3-4 flat ground rings, 6-8 Hilltops or Lavarox, Tunnels, 4 bases of two different colors (8 total), 6 Low Profile Domes, 6 In-Cone Hurdles.

**Description of Idea**

Students will complete an obstacle course by performing different locomotor movements while saying aloud where they are in relation to the obstacle.

1. Wedge Crawl – Students will crawl on hands and knees down a wedge mat. (1-2 grade can barrel roll) Students say “**I’m on TOP of it”**
2. Rings of Fire – Students will “bear crawl” through four hoops standing on multi-domes. Students say, “**I’m going IN, I’m going OUT”** at each hoop.
3. Crab Walk – Students will crab walk from one set of cones to another.
4. Low Hurdles – Students will leap off of one foot and land on the other over a low hurdle. Students say, **“ I’m going OVER it”**
5. Noodle Bridge – Students will army crawl under three noodles connected to cones. Students say, “**I’m going UNDER it”**
6. Bunny Hoops – Students will hop like a bunny (2 feet together) into and out of 3-4 rings on the ground. Students say, “**I’m going IN, I’m going OUT”** at each ring.
7. Bear Crawl – Students will bear crawl from one set of cones to another.
8. Lava Pit – Students will balance across 6-8 Hilltops or Lavarox putting both feet on each rock before progressing. Students say “**I’m on TOP of it”**
9. Tunnels of Fortune – Students will crawl on hands and knees through one or several connected tunnels. Students say, “**I’m going THROUGH it.”**
10. Leaping Bases – Students will leap from one base to the next by switching feet and jumping. Students say the name of the foot they are standing on: “**Right Foot, Left Foot.”**
11. Duck and Jump – Students will alternate jumping over two domes (or low hurdles) and then going under to in-cone hurdles, repeating twice more. Students alternate saying, “**I’m going OVER, I’m going UNDER.”**

**Assessment Ideas:**

**Teaching Suggestions:**