

# adventure series

## Lesson Plans

activity stories • games •  
obstacle courses • activity cards  
for grades K-2 and 3-5

PE-1010



Manufactured by:  
**PLAYWORLD  
SYSTEMS®**  
The world needs play.®



# The Center of the Earth

- **Purpose of Activity:** The purpose of this activity is to encourage children to practice good listening skills, cooperate with others, and consistently follow directions.
- **Standard:** Students will demonstrate competency in the motor skills and movement patterns needed to perform a variety of physical activities.
- **Objective:** Students will travel forward and sideways, changing directions quickly in response to a signal or obstacle using a variety of locomotor skills. Students will also develop the basic movement patterns and performance cues related to outdoor play. Students will show consideration for others while participating in the game.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment

## Assessment Ideas:

- Sharing and taking turns is very important for both safety on the equipment and making the game more enjoyable.

## Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. If certain exercises are beyond their capability, these students may choose to perform alternate exercises while following the story.

## Story Overview

This activity combines a story with physical play.

1. Warm Up: The teacher will lead the students in a warm-up activity followed by a light stretch before the activity begins.
2. Tell the students that they will be taking part in a learning adventure during today's class.
3. Reinforce to students the importance of following directions as the story is being read to them.
4. If students are not listening, stop the story. The adventure will not continue until students start to follow directions again.
5. Tell everyone to try their best to perform the tasks in the story. If a student has difficulty, other members of the class can assist in helping that student accomplish the task.
6. Closure: The teacher will review some of the movements from the story. The teacher will also ask the students questions concerning the story.

## CheckList

Have you ever wondered what it would be like to see what is beneath the Earth's surface? Today we are going to take a journey to find out what exists at the center of the earth. We must first pack to be sure we have all the supplies we need for our quest.

- ✓ Did we make sure to pack our hiking boots?
- ✓ How about rope?
- ✓ Does everyone have warm clothing to wear?
- ✓ Who is making sure we bring flashlights?
- ✓ Water bottles?
- ✓ Food?

Finally, does everyone have a backpack filled with personal supplies that you may need for our trip to the center of the earth, such as cameras, extra clothes, and a sleeping bag?

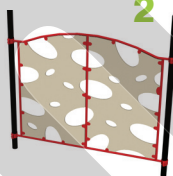
*Continued on the next page...*



It is now time we start on our journey. Everything is packed and we are getting ready to hop on a flight to the Grand Canyon. At the bottom of the Grand Canyon is a secret entrance that will take us to the center of the earth. The plane takes off and we begin to travel across the United States in search of the Grand Canyon. On our flight we see some amazing sites through the windows of the airplane. *(Walk quickly in a line around the outside of the Adventure Series Equipment, pretending that everyone is on a plane.)*



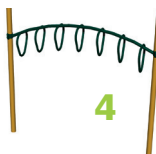
**1** We have been given a special ladder to climb down the walls of the Grand Canyon. Each member of the group will take a turn climbing across a net ladder to reach the canyon wall.



**2** Following the climb across the ladder, the group has made it to the canyon wall. Make sure that everyone has their hiking boots on -- we don't want anyone to slip! Let's make our way across the canyon wall until we reach the other side.



**3** The narrow opening below us looks like a very difficult climb! Only one person can go at a time, and that means we will have to be patient as we wait our turn to climb through the narrow opening.



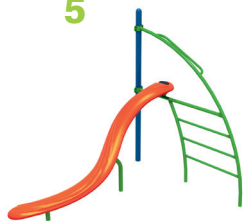
**4** We now have made it to the tunnel that will lead us to the center of the earth. Luckily for us, some explorers that came through here before us have created an overhead bridge for us to climb across a giant chasm. Getting across this bridge should be easy.

Continued on the next page...





5



It is getting darker underneath the surface, and we need to get out our flashlights to see where we are going. As we were reaching for the flashlights, the

leader of the group slips down a slippery passageway that leads deeper into the heart of the earth. The rest of the group follows down the slippery passageway.

6



When everyone reaches the bottom, we look around and see several animals sleeping. These animals do not look like they want to be bothered by us. We take a few quick pictures of the animals, and we continue on our journey. Going deeper into the

earth, we see a rock wall that we need to climb over. The group quickly climbs over the rock wall to see what was ahead of us.

7



The next thing we see is a waterfall. The water is crystal clear and we are very excited about going down a waterfall. Everyone takes turns climbing to the top of the waterfall and sliding down. So far, this is

the best part of our journey.

8



We continue on and come across a wall of rock with holes in it. We shine our flashlights through the hole, and bats come flying out! We ran around in circles to try to keep the bats from landing on us.

9



All of a sudden water starts gushing through those holes where the bats had left. The area around us is quickly filling up with water. We need a way out. All of a sudden we find another path. By the time we make it to the path it had become a water slide. We all take turns going down the water slide.

At the bottom of the water slide, we see a pathway that goes underneath the water slide. We follow it, and soon find that we have returned to where our adventure started. We are glad to see our plane waiting for us, because our feet are tired. We climb aboard the plane and are ready to return home.

The airplane takes off and we all look out the windows to see all the beautiful sites on our journey back home. *(Walk quickly in a line around the outside of the Adventure Series Equipment, pretending that everyone is on a plane.)* This is going to be a great story to share with everyone back at school.

The End



# Hard Working Ants

- **Purpose of Activity:** This game will teach children to understand what it means to include others in their play while working together to complete a common goal.
- **Standard:** The student will achieve and maintain a health-enhancing level of physical fitness.
- **Objective:** This game combines fun with aerobic exercise. Students will sustain activity for increasingly longer periods of time while participating in various activities during physical education. • Students will be able to explain and demonstrate basic movement and performance cues related to games and sports.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment and multiple foam or soft rubber throwing balls.

## Assessment Ideas:

- Reinforce to the students that sharing and taking turns is very important for both safety and enjoyability of the game.

## Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. These students will be allowed to stay located within the fort of their choice.

## Game Overview

1. Warm-up: The teacher will lead the students in a warm-up activity, followed by a light stretch before the activity begins.
2. Each student will be assigned a station. At each station, the student will have a responsibility.
3. Station One will be found near the Grid. The student there will need to throw a ball to another student on the other side of the Grid (station two).
4. Station Two will be found on the opposite side of the Grid. The student there will catch the pass from station one, and run the ball toward the Hoops Climber (station three).
5. Station Three will be found at the Hoop Climber. This student will carry the ball up the ladder and roll it down the slide to station four.
6. Station Four will be found at the bottom of the slide. This person will catch the ball and run it over to the Diagonal Climber (station five).
7. Station Five will be found by the Diagonal Climber. This person will climb the ladder and roll the ball down the slide (station six).
8. Station six will be found at the bottom of this slide. This person will catch the ball and run it back to the start, passing it to the student at station one.
9. Once each group has completed this task they will switch stations. Everyone should have a turn at each station before the class is over. To keep this game moving quickly, the teacher can assign numerous students at each station. If five people are at each station, use five different colored balls, assigning a different color to each student at each station.



# Rock n' Rolling Obstacle Course

- **Purpose of Activity:** This course will help students develop cardiovascular and muscular endurance.
- **Standard:** Students will demonstrate competency in the motor skills and movement patterns needed to perform a variety of physical activities.
- **Objective:** The student will apply movement concepts such as body and space awareness, relationships, and qualities of movement to a variety of locomotor and body management skills.
  - The student will combine locomotor and non-locomotor skills into movement themes such as supporting body weight, creating bridges, and receiving and transferring weight.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment

## Assessment Ideas:

- Reinforce the need for students to cooperate with each other and work together.

## Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. Even though both courses may get crowded, these students may move their wheelchair outside the course or weave through the course in open areas.

## Course Overview

1. Warm-up: The teacher will lead the students in a warm-up activity followed by a light stretch before the course begins.
2. Split the class into two even teams. The teacher will then explain both of the obstacle courses.

## Please Note

- After the students finish each respective obstacle course, have the teams rotate to the opposite obstacle course and complete it.
- Starting note: Once the first student finishes the first exercise and moves to the second one, the next student in line should begin the first exercise, and so on. Encourage students to keep the obstacle course moving consistently.
- Closure: The teacher will review the purpose of the activity with the students. The students will describe how this game can benefit their cardiovascular fitness.

## Adventure Series PE-1010



*Continued on the next page...*

# obstacle courses

adventure series PE-1010



Course 1 of 2

Grades K-2

## Rock n' Rolling Obstacle Course (continued)



## Rock n' Rolling Obstacle Course 1



**1** The obstacle course will begin 50 to 100 feet away from the Adventure Series Equipment. The student will run toward the End Wall. The student will climb to the top of the End Wall and then climb down the opposite side.



**2** The student will climb up the ladder before sliding down the slide.



**4** The student will climb up the ladder and slide down the slide.



**5** The student will climb to the top of the second End Wall and then climb down the opposite side before returning back to the starting line.



**3** When the student reaches the bottom of the slide, they will climb up RockBlock wall, carefully transfer over to the other side, and climb back down to the ground.

Once the student accomplishes this final exercise, they have reached the end of the first course. They will wait and encourage the remaining students as they finish the course.

*Continued on the next page...*



# obstacle courses

adventure series PE-1010

## Rock n' Rolling Obstacle Course (continued)



Course 1 of 2

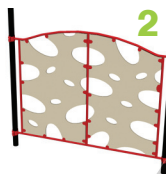
Grades K-2



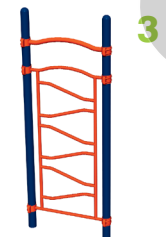
## Rock n' Rolling Obstacle Course 2



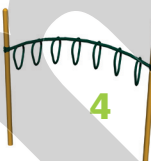
The student will begin by climbing across both sides of the Grid.



Next, the student will climb across both sides of the Crater Wall.



The student will climb up the Vertical Wave, touch the bar at the top, then reach for the Sky Link.



The following exercise will require the student to climb across the Sky Link; they will transfer from the Sky Link to the Crater Arch without touching the ground.



The student will climb down the Crater Arch to the ground, where they will perform 10 jumping jacks.



The student will climb up the ladder and slide down the Glide. Once the student accomplishes this final exercise, they have reached the end of the first course. They will wait and encourage the remaining students as they finish the course.





Grades K-2

- **Purpose of Activity:** This activity will teach students to work together with others in order to accomplish common goals.
- **Standard:** Students will learn to value physical activity for health, enjoyment, challenge, self-expression, and social interaction.
- **Objective:** Students will display increased self-confidence, self-sufficiency and individual initiative. Students will demonstrate the ability to assist others in developing their motor skills. Students will develop social skills that promote acceptable standards of behavior and positive relationships with each other and the learning environment.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment, soft throwing balls, and jump ropes.

## Assessment Ideas:

- Emphasize the importance of working in small groups in order to complete the assigned physical activities.

## Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. They should be encouraged to complete whichever tasks are within their capabilities. Most tasks can be adapted by the teacher to accommodate students with special needs.

## Activity Overview

1. Warm Up: The teacher will lead the students in a warm-up activity followed by a light stretch before the activity begins.
2. The teacher will begin by informing the students that they will be taking part in a fitness activity that encourages them to challenge one another.
3. The teacher will indicate that Activity Cards will be located at each station for the students to reference and use.
4. Students will be asked read the Activity Card at each station and perform the task as described.
5. The teacher will give each group up to two minutes to accomplish the exercise on each Activity Card.
6. At the end of every two minute set, students will move on to the next Activity Card.
7. Students should be able to work their way through an entire set of Activity Cards during one class period.
8. The teacher will end class by asking students which Activity Cards were the most challenging, which ones were the simplest, and which ones were the most enjoyable.
9. Closure: The teacher will review the reason for setting goals and achieving them. The students will review the purpose of keeping good balance and posture during the game activity.

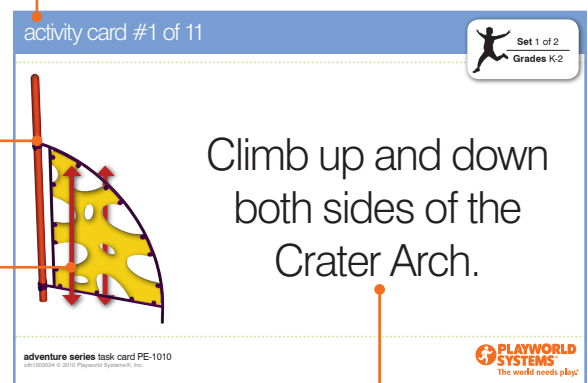
## Example

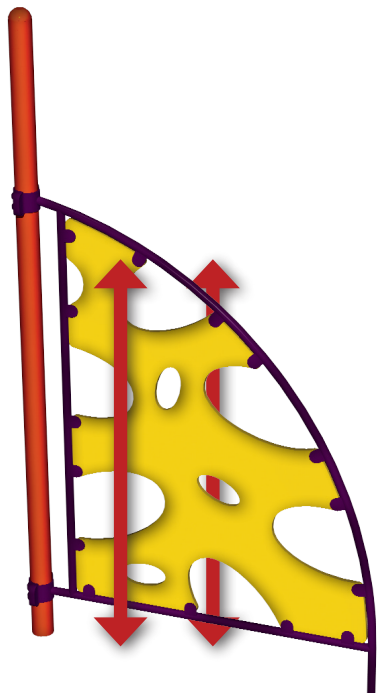
- Activities are numbered to let the students know where they are within the sequence of cards.

- Illustrations show which component is being used in each activity.

- Arrows (where applicable) help the student understand the direction and/or motion of the activity.

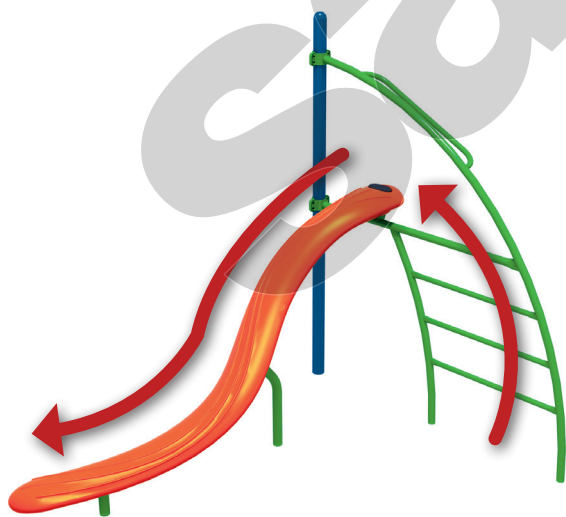
- Written instructions describe the activity.





Climb up and down  
both sides of the  
Crater Arch.

adventure series task card PE-1010  
oth1003024 © 2010 Playworld Systems®, Inc.



Climb up the  
ladder and slide  
down the slide 3  
times.

