Name/Title: Human Obstacle Course

Purpose of Event: For students to be physically active.

Suggested Grade Level: 1-2

Materials Needed: 2 sets of colored poly spots (10-12 poly spots total, depending on class size), 2 hula hoops.

Description of Idea

Before class, distribute the poly spots around the outside of the gym, rotating colors such as orange, blue, red, purple, yellow, green (repeat pattern). Be sure there is plenty of space in between each spot. When students are in a group, explain that half of them will be an obstacle and half will be moving around them, and then they will switch. Explain each of the obstacles to students as follows; have a child demonstrate. Be sure to point out safety concerns (noted) while demonstrating.

Orange lays down with stomach or back on the poly spot (don't put hands up in air!)

Blue makes a tunnel by putting legs in a wide shape (don't make your tunnel too little!)

Red holds a hula hoop up on the floor (keep hoop on the floor!)

Purple holds body in a crab stance (don't collapse!)

Yellow kneels on the floor with hands, knees, and legs on floor (keep muscles tight when person goes over!)

Green squats down like a frog with knees, legs, and arms on floor (keep head down!)

The other half of the class performs the activity by working through this human obstacles. Each student starts at a different spot, and has to maneuver around, over, under the obstacles in various ways. Allow students to figure out how to move; if they are not able to figure out a way, you can give them suggestions:

Orange leaps or jumps over the person laying down

Blue crawls through the tunnel

Red jumps through the hula hoop

Purple
crawls under the crab on your tummy

**Yellow** puts hands on back; switches legs over. Can also go under.

**Green** leaps over the frog.

After 2-3 minutes, have students switch roles. For added excitement, ask the students to create their own obstacle and they can instruct their classmate how to maneuver around their obstacle (if needed)! When done, discuss with students which muscles were working hard, and how this helps them to become stronger.

**Assessment Ideas:**

Observe to be sure students are being safe as both obstacles and movers.

Submitted by **Sandy Van Dyke** who teaches at Edison in Moorhead, MN. Thanks for contributing to PE Central! **Posted on PEC: 8/17/2000.**

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