Name/Title: Pushin' Through The Maze

Purpose of Event:

- **Psychomotor:** Develop cardiovascular endurance and muscular strength
- **Cognitive:** Enhance problem solving and negotiation skills
- **Affective:** Use positive interactions to encourage and support efforts directed at collective mat pushing

Suggested Grade Level: 4th and Up

Materials Needed: One to three folded tumbling mats per group of three students, cones to mark the pathway borders

Description of Idea

Students in groups of three/four attempt to push one to three stacked tumbling mats through various pathways in a predetermined time and course. The pathways should include curved as well as straight lines and use narrow and wide borders.

The pushing position is with the head up, hands on the long edge of the mat, and knees off the ground while pushing.

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Submitted by **Mark Manross** in Blacksburg, VA. Thanks for contributing to PE Central! **Posted on PEC: 10/1/2001**.

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