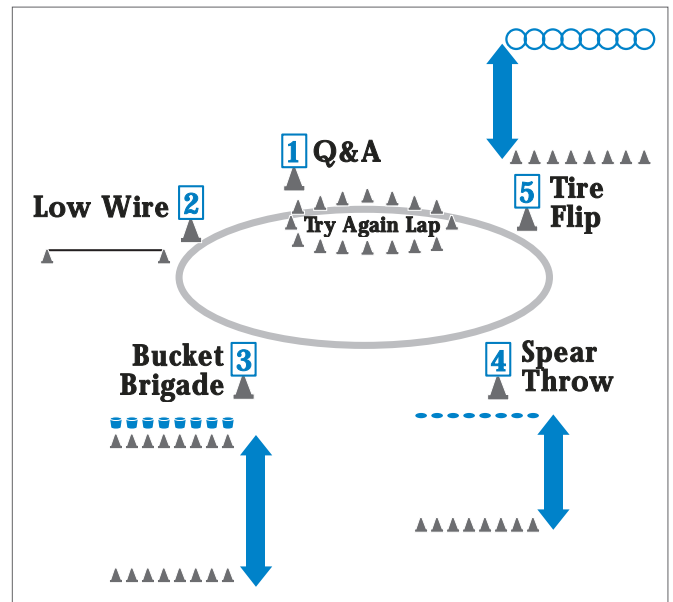


Prep

- 1 Adventure Race 201 – Task Card per group
- 5 pens for judges to mark task cards
- Adventure Race 201 Station Cards
- 5 tall cones (for station signs)
- 20 short or dome cones for “Try Again Lap”
- 1 long jump rope and 2 tall cones for “Low Wire”
- 8 five-gallon buckets of various weights and 16 short cones for “Bucket Brigade”
- 8 spots, 8 tennis balls (make it harder) / team handballs (makes it easier) and 8 tall plastic cones for “Spear Throw”
- 8 hoops (makes it easier) or bike/car tires (makes it harder) and 8 short or dome cones for “Tire Flip”



Set

- Find a track, field, blacktop, or create your own area where students can do loops plus enough space to support the stations you will include.
- Place 5 tall cones around track each with a station card + equipment:
 - 1 = “Questions and Answers” (Create a short “Try Again Lap” using 20 short or dome cones)
 - 2 = “Low Wire” (Place a long jump rope between 2 tall cones)
 - 3 = “Bucket Brigade” (Fill each of the 8 buckets with sand or dirt based on appropriate weight for your students. Place 8 cones in a line and 1 bucket behind each of the cones and 8 cones directly across from them about 12-20 paces away.)
 - 4 = “Spear Throw” (Place 8 spots with a team handball on top in a line directly across from a line of 8 tall cones 4 paces away.)
 - 5 = “Tire Flip” (Place 8 hoops in a line at the start of the station and 8 short or dome cones in a line directly across from them about 5 paces away.)
- Choose 6 judges and get the remainder of students in groups of 3.

Teach

1. Today we are going to do **Spartan Adventure Race 201**. This race includes obstacles from real Spartan Races you could participate in. During the race, you will work together as a team to complete 4 laps while overcoming a variety of challenges along the way.
2. Keep your group together for the entire race (*use an object they must all hold onto in order to stay connected; i.e. rope or hoop*).
3. Complete all stations for each lap, except for the first lap. Only stop at the Question and Answer station on the first lap.



Spartan Adventure Race 201

4. There is a judge at each station to mark off the box on your Task Card when completed. All boxes on this card must be marked.
5. These are the stations:
 - a. Station 1 “Questions and Answers”: Each group must come to the Answer Station all together. If all members are present and the question is answered correctly, they will move on to the next station. If the question is not answered correctly the group will walk or jog around the “Try Again Loop” before they can attempt to answer the questions again.
 - b. Station 2 “Low Wire”: Teams must crawl under the long jump rope before moving on with the race.
 - c. Station 3 “Bucket Brigade”: Each group member must carry a bucket with dirt or sand from one line to the other and back. The bucket must be placed (*not dropped*) behind the starting cone line before the group can move on. A group member may choose to complete 5 burpees instead of carrying the bucket if they wish.
 - d. Station 4 “Spear Throw”: Each group member must throw a ball trying to hit the tall cone. If the cone is hit the member can move on. If the cone is missed, the member must do 5 burpees before moving to the next station.
 - e. Station 5 “Tire Flip”: Each group member must flip the hoop from one line to the other and back. The hoop must be placed behind the starting cone line before the group can move on. A group member may choose to complete 5 burpees instead of flipping the hoop if they wish.
6. (*Hand each group a Task Card.*) Read the Task Card with your group while I talk with the judges.
7. (*Explain to judges what they will be looking for at each station and give them the answers to the questions and send judges to their stations; 2 to the Spear Throw—one to mark cards, the other to set-up knocked over cones and toss thrown balls back to racing teams.*)
8. When your group has finished 4 laps, cool down and cheer on the rest of the teams.
9. Remember to stay together with your group and run all the way around the first lap without doing any stations until the Questions and Answer stations. Begin!

Reflection Questions

Great job completing today’s adventure race! Show me on your fingers: On a scale of 1-5,

- How well did you encourage your teammates?
- What did you say or do to encourage each other?
- How well did you follow the rules of the race?
- What did you do to ensure that you followed all of the rules of the race?

Standards Addressed

Standard 1.8.4

Demonstrates appropriate form in skill-related fitness activities.

Standard 2.8.1

Identifies the effective use of movement concepts within multiple dynamic environments.

Standard 2.8.7

Demonstrates problem solving skills in a variety of games/activities.

Standard 4.8.5

Examines individual and group challenges through movement.