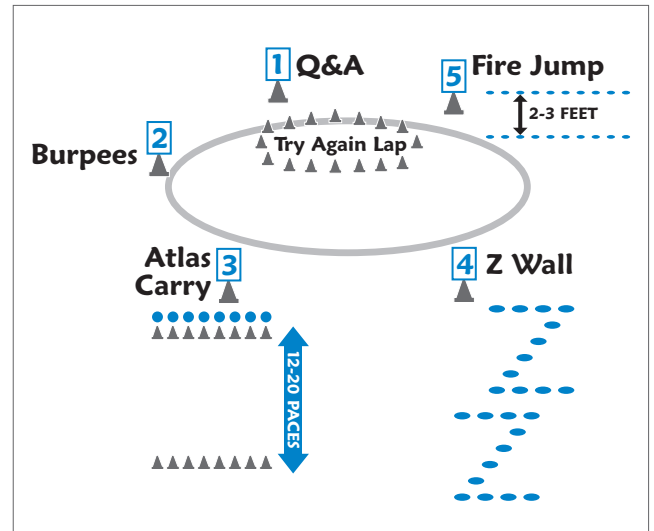


Prep

- 1 Adventure Race 101 – Task Card per group
- 5 pens for judges to mark task cards
- Adventure Race 101 Station Cards
- 5 tall cones (for station signs)
- 20 short or dome cones for “Try Again Lap”
- 8 medicine balls of various weights and 16 short or dome cones for “Atlas Carry”
- 24 spots for “Z Wall”
- 20 short or dome cones for “Fire Jump”

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 = “Burpees”
 - 3 = “Atlas Carry” (8 short or dome cones at start of station in a horizontal line and 8 short or dome cones directly across from them about 12-20 paces away. Place 8 rubber balls behind the starting line)
 - 4 = “Z Wall” (Make two “Z Walls” on the ground by placing 12 spots for each in a Z shape)
 - 5 = “Fire Jump Station” (Place 10 short or dome cones in a line at the start of the station and 10 short or dome cones in a line directly across from them about 2-3 feet away.)
- Choose 5 judges and get the remainder of students in groups of 3.



Teach

1. Today we are going to do **Spartan Adventure Race 101**. This race is based on 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.
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 "15 Burpees": Groups must complete a total of 15 burpees. The 15 burpees can be split up amongst group members however students would like. (*Options: Fewer burpees for students that are not quite ready. More burpees for students that need the extra challenge.*)
 - c. Station 3 "Atlas Carry": Each group member must carry a medicine ball from one line to the other and back. The medicine ball must be placed (*not dropped*) behind the starting cone line before the team can move on. A group member may choose to complete 5 burpees instead of carrying the rubber ball if they wish.
 - d. Station 4 "Z Wall": Each group member must walk on each of the spots for one of the Zs without touching the ground before moving on. If a racer touches the ground, they must move to the side and complete 5 burpees before moving to the next station.
 - e. Station 5 "Fire Jump": All group members must jump from one line of cones to the other. If they touch the ground in between jumps, they must stop and do 5 burpees before moving to the next station.
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.*)
 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 your group stay together?
- How well did you work together as a team?

Thumbs up or thumbs down: Did you put in as much effort as you could?

What exercises might you practice more often to be more successful in a race like this?

Standards Addressed

S3.M1: Physical Activity Knowledge
S3.M3: Engages in Physical Activity
S3.M7: Fitness Knowledge
S4.M1: Personal Responsibility
S4.M4 and M5: Working with Others
S4.M6: Rules and Etiquette