

Lesson Plan Form

Day and Date: Thursday Sept. 5th 2024



Staff Member(s) Leading Activity: Katy Chmura

Think About It:	
Activity Title/Description:	Obstacle Course - children will compete to complete an obstacle course outside
Skills children will accomplish:	Team building communication skills
Which S.T.E.A.M. skills can be applied?	Engineering Arts
Child's Role in the Activity (e.g., Leadership/Participant)	Participant
Is additional staff needed? If so, describe.	Yes <input checked="" type="radio"/> No <input type="radio"/> *maybe
Space Needed:	Large space outdoors
Activity will work in multiple spaces?	Yes <input checked="" type="radio"/> No <input type="radio"/>
Materials Needed?	outdoor play tools - Hula hoops, cones,
Activity Introduction/ Sell It:	Kids will compete in teams to complete a series of obstacles that test their
Activity Directions:	Step-by-step description including rules and procedures. Continued back of form.
1. Split the group into 2 teams 2. Explain the rules Explain how the obstacle course should be run. 3. one team starts and once the entire team has finished, mark their time; do the same for the other team	

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Think About It:	
<p>Activity Directions continued</p> <p>4. Record the times; fastest team wins</p> <p>5.</p> <p>6.</p> <p>7.</p>	
<p>Wrap up- Discuss activity highlights, benefits, successes, take aways</p>	<p>Explain that obstacle courses encourage teamwork and communication. They help with coordination and balance.</p>
<p>Activity Duration:</p>	
<p>What pitfalls might you expect?</p> <p>How would you remedy them?</p>	<p>children are worried about winning.</p> <p>Explain: Everyone is here to have fun. We are all winners.</p>
<p>Evaluate the activity –</p> <p>What went well?</p> <p>What modifications would you make next time?</p>	<p>The children loved going through the obstacle course.</p> <p>Add in more obstacles or make them or make them more challenging to create a more difficult course.</p>