



Support materials and references

For Kids

- 1Seven article: [Make Like A Caveman](#)
 1Seven article: [How Healthy is Your Dog?](#)

For Teachers & Parents

- 1Seven article: [Encourage Your Kids To Be Active](#)
 1Seven article: [High Risk Inactivity](#)
 1Seven article: [Think Creatively & Get Your Child Moving](#)
 1Seven article: [Embrace Outdoor Play](#)

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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Student learning tasks

1. Discuss what an obstacle course is. Ask students if they have ever completed an obstacle course.
2. With your students walk around the school grounds looking for an appropriate area to create an obstacle course.
3. On a large sheet of paper or on a class board, sketch a map of the school grounds with basic shapes for buildings, ovals, equipment etc.
4. Discuss possible challenges for the Obstacle Course and design a 4 - 6 step course.
5. Walk the Obstacle Course as a class, demonstrating what students are required to do at each step and the safety requirements for each activity.
6. Organise the students either to start at the same time or have a couple of groups stagger starting in the space of a couple of minutes. Time how long it takes to complete the entire obstacle course. You could challenge the students to complete it in a shorter time, more circuits in a set time period, etc.