

SHIRLEY HILLS SUPER TEAM DAY

AMERICAN NINJA WHITE HAWK WARRIOR

OBSTACLE COURSE INSTRUCTIONS

OBJECTIVE

Create an obstacle course using common items that's safe, exciting and doesn't require too much assembly. Have a section for each of the four focuses (agility, balance, traditional, and sport).

SUGGESTIONS

- Start with determining how much space do you have. Can you be outside?
- What kind of equipment /structure do you already have? If you have a playset think of how you can incorporate it. I used the wood edging of my sidewalk for balance beam.
- Decide on how much time will you have. (mine took longer designing it (days) than putting together(1 hour))
- Draw a map.
- Break it down into sections.
- Make SAFETY the Top Priority.
- Watch YouTube videos with parents. Keywords: backyard ninja warrior course kids

Agility- Leap pads, weave pattern, hurdles, monkey bars, crawling, quick cuts, spins or climbing.

Balance- boards, beams, ladders, chalk lines, rope walking, or buckets.

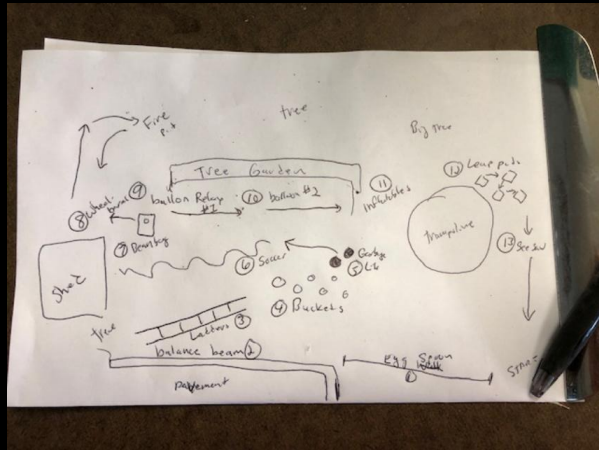
Traditional Field Day Activities- Egg on spoon, water balloons, sack race, bean bags, water relays with sponges or cups.

Sport- Throw or kick at target or score goal, basketball shot

NOTES FOR PARENTS:

Thank you for your help with this activity. Super Team Day is a really important day to the students of Shirley Hills. It's a great way for The School to come together and celebrate sportsmanship, teamwork, and physical activity. AND it's fun! The traditional way of hosting it is impossible with our current situation. Please don't feel like you have to do this. You can make it simple or as complicated as you want. It uses everyday objects. Creativity is the key to this activity – your child will have plenty of ideas!!! Please help guide them.

This could get crazy – SAFETY needs to be considered for every little thing!



This my final map. It really helped with spacing. Again, it took me longer drawing the map than setting it up! My inventory list was pretty long. I narrowed down my favorite ideas. I didn't think about using my wooden edging for a balance beam until after I hauled some 2x4s right next to it. Wish I had something that need strength like monkey bars. Good thing I had a deadline or I would still be cutting wood for that. The colder temperatures kept me from thinking about using water balloons.

Thanks for helping your child SOAR at this activity. Don't forget the "S" is for Safety.

GO WHITE HAWKS!!!

Mr. Nielsen
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POSTING STUDENT'S NINJA ACTIVITY: All of this information will be Seesaw under the Student's PE account. Hopefully, everyone is already familiar with posting videos in their journals. I will then take the videos and combine them for each class (maybe trim a little here and there) then post links for these videos back on Seesaw. If you are having problems please email me.