

# Multi Skills Festival– Obstacle Course

## Learning Outcome:

By the end of the activity, pupils will be able to complete a short course demonstrating a range of movement patterns such as hopping and jumping.

## Physical Outcomes:

Mobility ☒

Agility ☒

Speed ☒

Strength ☐

Power ☒

## Fundamental

### Movement Skills:

- Walking
- Running
- Bounding
- Hopping
- Jumping
- Bending
- Landing
- Extending
- Flexing

### Personal Challenge:

Can you complete the course faster than you did the previous time?

## Equipment Needed

- 6-8 Hula Hoops
- 20-25 Line Markers
- 15-20 Spot Markers

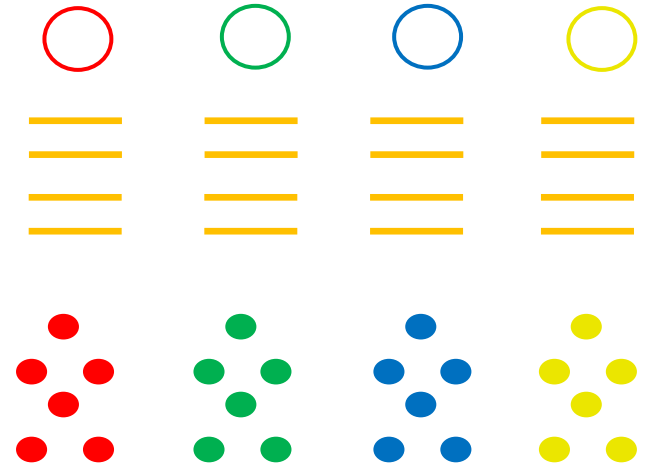
## Safety Points

- Ensure there is sufficient space between each of the groups.
- Ensure the hurdles are placed correctly for the direction the pupils are running.
- Ensure all the equipment stays in the same position.

## Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Give a clear explanation of activity.
- Provide a visual demonstration.
- Split pupils into small groups (4-5 pupils).
- Pupils line up behind the start line.
- The pupil does hopscotch across the spot markers using them as guidance and does a two-footed jump over the line-markers
- When they get to the end, they stand in the hoop again, lift it over their head and place it back on the floor. Run back to the start and tag the next pupil in the queue.
- On the second attempt, challenge the pupils to see which group can perform the whole circuit in the quickest time.

## Diagram



## Coaching Points

- Keep your head up and look forward when jumping.
- Keep your feet shoulder width apart.
- Bend your knees to help you jump and to keep your balance when landing.
- Use your arms to keep yourself balanced.
- Use the spot markers as guidance for where to place your feet.

## Easier/Harder (STEP Principle)

- Space: Increase or decrease the overall course length.
- Task: Change the movement patterns the pupils should use.
- Equipment: Increase or decrease the number of spot and line markers.
- Participants: Increase or decrease the size of each of the groups.

## REMEMBER- SMILES

**Safe:** Participants feel physically and emotionally safe.

**Maximum Participation:** Participants are fully involved all of the time.

**Inclusive:** All participants can take part.

**Learning:** Participants develop personal, social, creative, thinking and physical skills.

**Enjoyment:** Activities recognise individuals personal needs and interests.

**Success:** Participants feel they are making progress and getting satisfaction.