

Healthy Obstacles

Introduction: This obstacle course activity will prove to be a big hit with the children. After they complete a study on unhealthy environments and environmental hazards, they will jump, hop, skip, and run their way to fun!

Grade Level and Subject: 3rd Grade Health and P.E.

TEKS: Health – 6A, 6B, 6C, 6D
P.E. – 1A, 1B, 1F, 3A, 3B, 7A

Materials: The children will determine what equipment will be needed. All equipment will be something from the classroom or something that is easy to bring from home. The teacher will provide poster board for every student.

Resource: *201 Games for the Elementary Physical Education Program* by Jerry D. Poppen. ISBN: 0-13-042061-1

Activity: This lesson will be a great culminating activity for the children once they have learned about factors that influence individual and community health in the classroom.

The teacher will ask each student to develop a question and an answer about protecting the environment, unhealthy environments, environmental hazards, and family members' roles and responsibilities in promoting and practicing healthful behaviors. The student is also responsible for developing an easy physical activity that corresponds with the question developed. The question and answer should be placed on a piece of poster board, with the physical activity described on the back. For example, a student might ask the question, "What happens when a person stays in the sun for a long time without sunscreen?" He or she would write the question and answer on the front of a poster board. Then that student will develop a simple activity to go along with it. The student will then describe the physical activity on the back of the poster board. Some examples of simple activities include doing 20 jumping jacks, running around a chair 10 times, running to the fence (if they are outside) and back, etc. Each child needs to know that if the activity involves some type of prop (ball, bat, jump rope, etc.), he or she is responsible for bringing one for every student in the class.

Once all of the students have their questions/answers and physical activities developed, the fun can begin. This lesson can be performed in the gym or outside on the playground. Taking turns, each student is to read his or her question to the class. After getting a correct response, all students will then complete the physical activity described by the student. The teacher might want to line the students up so that the question/answer session looks like an obstacle course, with all of the students' activities lined up one after the other. The class will progress through each activity together, answering questions and completing each activity in line. The game continues until all activities have been completed.

Evaluation: The teacher will assist the students in developing the questions, answers, and activities. He or she will monitor the activities and ensure proper behavior from all of the students.



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