

A-Z School Games Challenge

L – Leadership

Challenge – Tackle the Obstacle

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the **#StayInWorkOut** and tag **@SSolihullISSP**

tackle the obstacle

Build and tackle your very own obstacle course



how to play



Tell players their task is to create an obstacle course to have a go at!

You can create it outside or inside using equipment that's already there (like benches) or added by you. Players discuss how each of the obstacles could be navigated, trying to include lots of variety of movement. What will you be travelling over, under, through or with?

Be as imaginative as you like. Pieces of paper can become stepping stones over a crocodile-infested lake! A row of hoops on their side could be a spooky tunnel. All set? Then it's time to have a go.

Safety: make sure obstacles are safe and sturdy and players aren't using them in a dangerous way.

equipment

Benches, chairs, newspaper or markers as stepping stones, hoops as sinking mud, ropes, etc.



sporting connection



This is great for developing the skills of negotiating obstacles and travelling from A to B. These are skills used in the sports of canoeing and sailing.

did you know?

The two main obstacles in the Olympic and Paralympic sailing events, apart from the buoys that mark the course, are the wind and the waves. Overcoming these requires skill and nerve.

wider club activities

tackle the obstacle

Skills	Example
Thinking me	This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.
Social me	For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.
Healthy me	For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.
Physical me	During the week, make a note of the activity that makes your heart beat the fastest.
Creative me	Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

space

Make the course smaller/bigger/ shorter/longer
Set the course out in a long line
Set the course out in and around natural surroundings (i.e. round trees, bushes, benches)
Provide alternative routes to include players with all abilities

task

Create more challenging/less challenging courses
Provide alternatives for each obstacle to enable all to participate
Time each circuit for players to set then try and beat their personal best
Develop a points system for each obstacle – players set and try to beat their best points score
Participate in pairs holding hands around the course

equipment

Try different equipment to encourage different types of movement, e.g. use ropes to help some players pull themselves up slopes
If outdoors, use natural slopes and dips in the ground

people

Play independently
Play as a team
Play in pairs
Use other players as obstacles

FUN FACT – Over 50,000 young leaders helped support the delivery of The School Games in 2018/19. The School Games provides opportunities for students to: officiate, coach & lead activity at intra and inter school level.

If you have enjoyed this challenge and would like to find out more about the opportunities to get involved in Sport Leadership through The School Games follow this link - <https://www.yourschoolgames.com/taking-part/leadership-and-volunteering/>

FOLLOW, RETWEET, GET INVOLVED!