

Physical Education Enrichment Activity Lesson

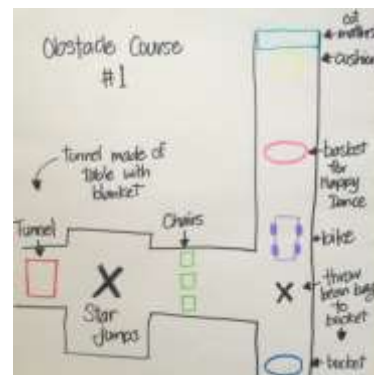
Title: Roll the Stretch & Obstacle Course

Grade: 3-5

Summary: I can improve my flexibility and warm-up by stretching. I can make and complete an obstacle course. I will stay safe by: wearing sneakers, choosing safe obstacles, and checking in with my parents if I'm not sure.

Materials:

- 1 Dice (if you don't have one at home, you can make one! [Use this template](#))
- Roll The Stretch Fitness Card ([view here](#))
- 10 or more Obstacle Course Challenges: use whatever you have at home. Be creative and be safe! See the chart below for ideas of things that you can use for your obstacle course.



Fitness: Roll the Stretch: Flexibility is an important component of fitness. Warming up for exercise by stretching is a great way to feel good and prevent injury. A stretch should never hurt; stretch until you feel a gentle pull.

Read and follow the game directions below.



1. Roll your dice!
2. Match the number of dots on your dice to the number on the Fitness Card.
3. Do the stretch that goes with your number! Hold it for 10-30 seconds.
4. Repeat – Keep rolling the dice and stretching for 5 minutes total.
5. If you roll a stretch that works on one side of the body, remember to stretch the opposite side the next time that you roll that number.
6. Now open this link to the Roll The Stretch Fitness Card ([view here](#))

Modifications:

- Draw numbers from a hat instead of rolling a dice.
- If you do not enjoy doing one of the listed stretches, think of another stretch that you enjoy in P.E. or a sport you play that helps you warm up. Hold that stretch for 10-30 seconds!

Time to Move! Build your Obstacle Course!

Grab 10 or more things from your house or backyard and create a movement challenge. Look at the chart below for some great obstacles you could build. Read all the directions, then go!

Obstacle Course Equipment Ideas:

Jump or Step Over: stuffed animals, upside-down laundry basket, stacked up blocks, pillows, empty boxes, cracks in the sidewalk, jump from one object to the next

Move Under: hang a sheet or towels, string yarn back and forth, crawl under a sturdy table, move under spraying sprinklers, pool noodles, streamers, paper chain, strung-together hangers

Move Around: opened umbrella, empty water bottles, stacked up blocks, scattered toys, crumbled paper, standing-up books, a tree

Balance: walk along a line or wooden beam, with a book on your head, along a folded towel, with a stuffed animal on your back. Walk with a spoon that has something balanced on it.

Use Chalk to draw: an agility ladder, circles to jump onto, lines to balance, X's for jump-turns, words or pictures with different movements (Jump, spin, crawl, skip, crab walk, bear walk)

- A great obstacle course has lots of movements: Jump, Balance, Crawl Under, Move Around or Between, & Fitness Challenges.
- Fitness Challenges could be: 30 jumping jacks, cartwheel, throw and catch, 10 push-ups, 10 curl-ups, race to the finish line, long jump
- Make sure that your obstacle course is safe. Think before you move; leave space between you and someone else who might want to follow you.



Pictured above are some examples of what an obstacle course could look like.

Optional: Take a picture of you and your obstacle course and email it to your PE teacher at school!

After you complete the course, you can do it again or try it backwards, add new obstacles, move through while balancing a stuffed animal on your shoulder, or come up with your own twist.

Congratulations! You completed this PE Enrichment Activity Lesson!
Remember to clean up and put away all your materials.

Extra Choices - Enrichments: An obstacle course can be fun for your whole family! Here is another idea that you can do with your family.

- [Movement Monopoly](#) (If you aren't sure what a certain exercise on the board is, replace it with your own or one that you learned in P.E.!)