

Adventure education in an elementary school physical education program

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Macon Outdoor Developmental Education Program

Wind in the Willow



Challenge

The purpose of this activity is to begin to develop trust in the group.

Debrief

What was your biggest fear? Why?

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Ski Patrol/Trolleys

Challenge

The entire group must get to the other end of the tracks without touching the ground.

Debrief

How did group members communicate with each other?

Who emerged as leader(s)? Why?



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Ball Trolley



Challenge

The task is completed when the group members have completed the course without dropping the balls.

Debrief

What do we need to remember when traveling as a group?

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Victory Walk

Challenge

The challenge is completed when group members have traversed from one end of the cable to the other while supporting each other.

Debrief

What happens if you push instead of pull?



Macon Outdoor Developmental Education Program Victory Walk



Challenge

The task is completed when group members have traversed from one end to the other.

Debrief

Did everyone make it to the end of each cable? How?

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Blind Fold Maze

Challenge

The group must use the rope as a guide to travel through the woods.

Debrief

What was it like not being able to use one's senses (sight)?

What did you learn as you moved along that helped you?

Did you stop and ask for HELP if you got off the rope and lost your way?



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Blind Fold Maze



Challenge

The task requires group members to safely navigate their partner through a minefield ensuring that they do not accidentally set one off. As one is blind folded, they will rely on their partner for expert communication to guide them through the maze.

Debrief

How were you able to communicate with each other once you were blindfolded?

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Spider Web

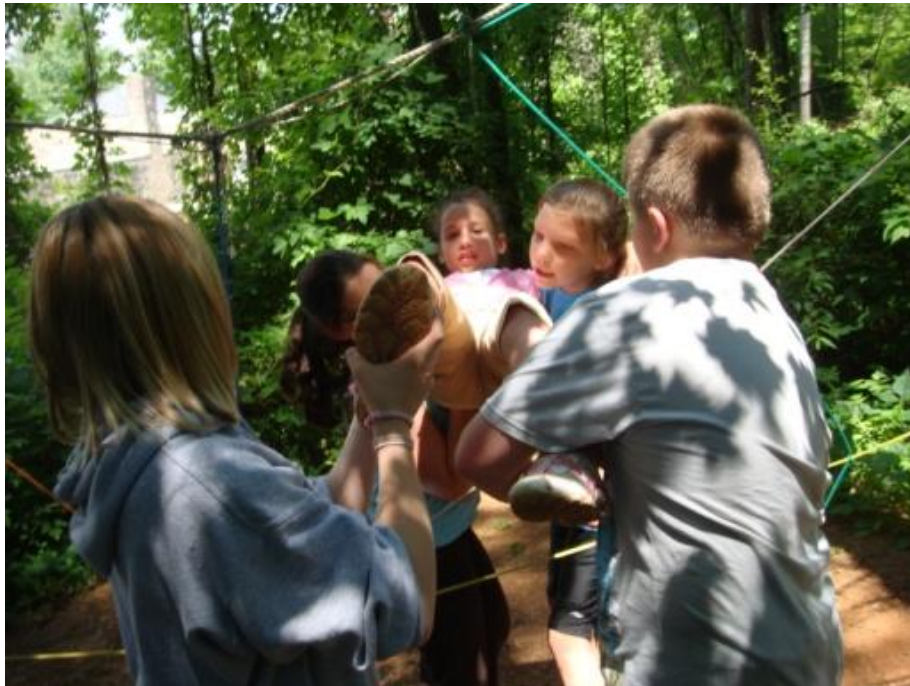
Challenge

The challenge is to get the entire group through the web from one side to the other without touching any part of the web. After the web opening is used by a group member, that hole is closed to further passage by anyone else.

Debrief

What happens if a group member touches the web?

Can you think of any safety issues that we should discuss?



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Black Hole



Challenge

The challenge is for all students to get from one side to the other without touching the hoop.

Debrief

What is the starting and ending positions?

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All Aboard

Challenge

The challenge is to get all group members from one side of the area to the other; onto a platform after using a swinging rope.

Debrief

What did you have to do as a group in order to have success?



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All Aboard



Challenge

The challenge is completed when all feet are within a set perimeter.

Debrief

What are some things that you did that helped the group?

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Board Game

Challenge

The challenge of this activity is to get your whole group to the other side by alternating two 2x4's of different lengths that fit into notches. Hint, there is only one pattern!

Debrief

What did you observe, good and bad?

Who emerged as the leader?



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Fidget Ladder

Challenge

The challenge is to traverse the length of the ladder using hands and feet for support. There are different levels of difficulty for reaching the top of the ladder; Bear Walk, Crab Walk or even The Slug .

Debrief

Which animal walk did you choose? Why?



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Human Ladder



Challenge

The challenge is to work as a team to create a ladder so that each group member climbs the ladder.

Debrief

What was the most challenging thing ?

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Ring of Fire

Challenge

The challenge of this activity is completed when the group has traversed a series of boards which are at different heights and angles.

Debrief

What was the key to getting your group around successfully?

What made you decide to go in a particular order?



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The Wall

Challenge

The challenge is to physically move a group over the 8' wall across the platform and down the 10' wall.

Debrief

What was the most difficult part for you? Why?

What helped you be successful?



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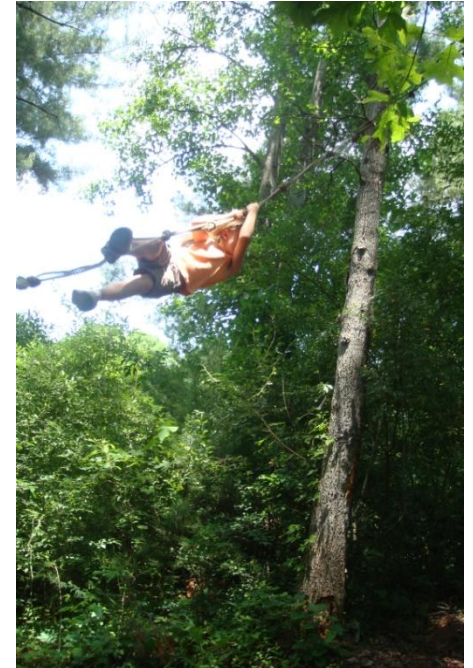
Wild Woozie

Challenge

The task is to complete the three part activity in sequence by using a bear walk, tight rope walk and swinging.

Debrief

What different methods were attempted. Why did you try the method you attempted?



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TP Shuffle

Challenge

The challenge is completed when the group is in the exact reverse order from its starting order.

Debrief

What were different ways to get from one side to the other; was one method better/easier than others?



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Alphabet Balance Beam

Challenge

The challenge is complete when all group members are standing on a line in alphabet order – but they can not speak.

Debrief

How did you communicate?

