

Adventure Education

Freshman Physical Education

Points to remember:

- SAFETY IS NON-NEGOTIABLE!!!
- Adventure Education is not a race or competition
- Each challenge is a series of decisions and any individual or group will be accepted with respect
- Success in a challenge is TRYING
- All members of a group fully support each member. Encourage others, NO PUT DOWNS!!!!
- Our outdoor equipment is not an obstacle course
- Encourage people to share their ideas and opinions openly and honestly
- Promote giving feedback - positive as well as critical - when appropriate
- Ask people to listen and communicate effectively with others
- Encourage all participants to work together to create a safe and caring learning environment
- SAFETY IS NON-NEGOTIABLE

Challenge Means going beyond the old, pushing into new territory, new ways of doing things: dealing with fear and accepting help and support.

Students will be taught safety procedures. Some activities require risk, but all are safe.

The students will participate at their own level of comfort.

Basic aims and objectives for Adventure Education:

- To increase the participant's sense of personal confidence. The aim of many activities is to allow the students to view themselves as increasingly capable and competent. A student may begin to develop true self-esteem by attempting a graduated series of activities which involve physical or emotional risk and succeeding (or sometimes failing) in a supportive group atmosphere.
- The course has also been planned to encourage students to try new and different activities, some of which may involve initial anxiety. It is our belief that as a mature person he/she needs to learn to be familiar with the anxiety that precedes any new venture, cope with that uncertainty and dare to enter fully into new situations. Students are required to participate in all group activities but may decline to attempt individual challenges that they feel are beyond their personal limits.
- To increase mutual support within a group. The course is based on the assumption that anyone who consciously tries should be respected. Success and failure are less important than making an effort. In many cases, the success or failure of a group depends on the effort of the members. A cooperative, supportive atmosphere tends to encourage participation. The use of teams, points and time competition has consciously been minimized.
- To develop an increased level of agility and physical coordination. A number of exercises entail the use of balance and smooth flowing movement. Balance and coordination movement form the basis for many physical activities ranging from dancing to track and football. A person who perceives herself/himself as physically awkward often sees herself/himself as inadequate in other ways. Balance activities which can be successfully completed often give a feeling of accomplishment.
- To develop an increased joy in one's physical self and in being with others. One of the criteria which is used on assessing various activities is the element of fun.

PRINCIPLES TO REMEMBER:

- Attendance - be present mentally, physically and emotionally during the class. Honor the commitment of others by giving fully of yourself.
- Pay Attention - Listen to what others say and focus on understanding the ideas. Try to minimize distractions that take your focus away from the class.
- Speak the Truth - share your thoughts and opinions openly and honestly. Your opinion is just as valid as anyone else's is.
- Be Open to Outcomes - Try not to prejudge what is happening. If you do, it may limit your ability to perceive other insights and knowledge.
- Safety - be aware and sensitive to the impact of what you say and what you do. Create a level of safety for others to feel comfortable. Adhere to all safety rules.

GAMES

1. *Hoop Circle*
 - 2 hoops per group, start with 1 hoop, join hands get hoop around circle without letting go of hands, try 2 hoops
2. *Hooper*
 - 2 hoops, beach ball, 2 teams, 2 goalies, hit, punch ball into hoop, goalie behind end line, "hooping" scores point, out of bounds throw \in
3. *Flag Tag*
 - Steal other student's flags without losing yours
4. *Alliance Tug Rope*
 - 4 team's tug of war, pull center ring over marked area
5. *Pair's Squared Tag*
 - Partners, each pair has one person who is it, no running, must tag partner, when tagged must do 360 degrees before you can go after partner, and then try with 1 pair chasing another pair
6. *Bounce Dodge Tag*
 - Ball two players it, ball must touch ground before it hits you, if you get out you also become it
7. *Flip me the chicken Tag (Also known as help me tag)*
 - 5 people it, each wears a pinney, it chases everyone and tries to tag if tagged, you become it. You are safe if someone flips you a chicken

GROUP INITIATIVES (must use cooperation and some physical effort to gain a solution)

1. *Almost Infinite Circle*
 - 1 ten foot rope per person, ropes on wrist intertwined, separate yourself from partner, can't cut rope or slip over hand, can't untie
2. *Duo Get Up*
 - Partners on ground, both get up together, back to back, side to side, front to front, no arms allowed, increase group size up to all students
3. *The Clock*
 - Rotate all of your team, 360 degrees in a certain amount of time, 1 sec per player, subtract 1 sec for every 10, 30 = 30secs -3 = 27, place markers at 12 and 6
4. *Two in a Row*
 - How many people can make 2 consecutive jumps together with out missing, start with 2 then 3,4,5 etc.
5. *Turnstile*
 - Get whole group through one at a time without touching rope, 2 at a time, 3 etc.
6. *Everybody Up*
 - Start with 2 and keep adding, hands grasped, foot contact, derrieres off the ground

STUNTS (feat requiring a skill)

1. Circle Sit
 - Command 1,2,3, sit all at once on lap behind you, hold on to shoulder in front for balance, get in circle all facing same direction, walk 1,2,3 then L,R,L,R
2. Compass Walk
 - 1 blindfolded, one spotter, lead around, no talking
3. Quick line-up
 - 4 groups forming side of square, teach in middle, notice people on each side of you, notice where you are in relation to teacher, teacher will turn and players must reposition themselves to original position, first team done wins point, after 3 tries teacher should move to different area
4. Add on Tag
 - 1 person it, 2 people it, 3,4,5,6 – taggers start forming a chain and only the end players can tag, can not separate hands
5. Yurt Circle
 - All hold hands and lean back, number off 1,2,1,2, - all ones lean in and 2's lean back
6. The Bends
 - Shake hands with your partner and hold that grip. With your free hand reach behind you and grab your uplifted foot. Try to make your partner lose their balance and release their foot

LOW ROPES COURSE

1. Spider Web
 - students through hole in rope
2. Whale Watch
 - balancing board
3. Nitro crossing
 - Rope swing
4. Hole in one
 - body through target (tire)
5. Wire Traverse
 - Balance on wire
6. Zig-Zag Balance Beam
7. Roman Seats