

## Spartan Adventure Race 101 – High School

<b>SHAPE America Standards:</b>	<ul style="list-style-type: none"> <li>● S1.H3: Fitness activities</li> <li>● S4.H2: Rules and etiquette</li> <li>● S4.H3 and 4: Working with others</li> <li>● S4.H5: Safety</li> <li>● S5.H4: Social interaction</li> </ul>
<b>Equipment Needed:</b>	<ul style="list-style-type: none"> <li>● Copies of task cards for each group</li> <li>● Spartan Race 101 Station Signs (included)</li> <li>● 5 Tall Cones (able to hold a sign or have a sign taped to them)</li> <li>● 20 Short or Dome Cones for Try Again Lap</li> <li>● 20 copies of Spartan Race 101 Adventure Race for each class</li> <li>● 8 Medicine Balls of various weights and 16 short cones for Atlas Carry</li> <li>● 24 Rubber Spots for the Z Wall</li> <li>● 20 Short or Dome Cones for Fire Jump</li> </ul>
<b>Set-Up:</b>	<ul style="list-style-type: none"> <li>● <b>Station 1 – “Questions and Answers”:</b> Setup cone with instructions and create a short “Try Again Lap” on the inside of the track beginning and ending at the Answer Station.</li> <li>● <b>Station 2 – “Burpees”:</b> Setup cone with instructions.</li> <li>● <b>Station 3 – “Atlas Carry”:</b> Setup cone with instructions. Place 8 cones at the start of the station in a horizontal line and 8 cones directly across from them about 10-15 meters away. Place the 8 rubber balls behind the line closest to the starting line.</li> <li>● <b>Station 4 – “Z Wall”:</b> Setup cone with instructions. Make 2 “Z Walls” on the ground by placing 12 spots for each in a Z shape.</li> <li>● <b>Station 5 – “Fire Jump Station”:</b> Setup cone with instructions. Place 10 Short or Dome Cones in a line at the start of the station and 10 Short or Dome Cones in a line directly across from them about 2-3 ft. away.</li> </ul>

<p style="text-align: center;"><b>Lesson Introduction:</b></p>	<p>“Today we are going to do Spartan Race 101. This race is based on real Spartan Races you could participate in. During the race you will work together as a team to complete 4 laps while overcoming a variety of challenges along the way.”</p> <ul style="list-style-type: none"> <li>• Keep your group together for the entire race (use an object they must all hold on to in order to stay connected; ie. rope or hula hoop).</li> <li>• Complete all stations for each lap, <b>except for the first lap</b>. Only stop at the Question and Answer Station on the first lap.</li> <li>• All boxes on this card must be marked.</li> <li>• When your group has finished 4 laps, cool down and cheer on the rest of the teams.</li> </ul>
<p style="text-align: center;"><b>Station 1: “Questions and Answers”</b></p>	<p>Each racing team must come to the Answer Station all together. If all members are present and the question is answered correctly they will move on to the next station. If the question is not answered correctly the racers will walk or jog around the Try Again Loop before they can attempt to answer the questions again.</p>
<p style="text-align: center;"><b>Station 2: “20 Burpees”</b></p>	<p>Teams must complete a total of 20 burpees. The 20 burpees can be split up amongst teammates however students would like. (Options: Less burpees for students that are not quite ready. More burpees for students that need the extra challenge)</p>
<p style="text-align: center;"><b>Station 3: “Atlas Carry”</b></p>	<p>Each team member must carry a medicine ball from one line to the other and back. The medicine ball must be placed (not dropped) behind the starting cone line before the team can move on. A team member may choose to complete 10 burpees instead of carrying the medicine ball if they wish.</p>
<p style="text-align: center;"><b>Station 4: “Z Wall”</b></p>	<p>Each team member must walk on each of the spots for one of the Zs without touching the ground before moving on. If a racer touches the ground they must move to the side and complete 10 burpees before moving to the next station.</p>
<p style="text-align: center;"><b>Station 5: “Fire Jump”</b></p>	<p>All team members must jump from one line of cones to the other. If they touch the ground in between they must stop and do 10 burpees before moving to the next station.</p>
<p style="text-align: center;"><b>Starting the Race</b></p>	<ul style="list-style-type: none"> <li>• Choose 5 judges for the race stations (use non-participants) and get the remainder of the students into groups of 3. Distribute a Spartan Race 101 instruction sheet to each of the groups.</li> <li>• Send judges to each of the race stations. Send students to the starting line.</li> <li>• “Remember to stay together with your team and run all the way around the first lap without doing any stations until the Answer Station. On your marks, get set, go!”</li> </ul>
<p style="text-align: center;"><b>Ending the Race</b></p>	<p>“Great job completing today’s adventure race! Show me on your fingers: On a scale of 1-5, how well did your group stay together? How did you work together as a team? Did you put in as much effort as you could? What exercises might you practice more often to be more successful in a race like this?”</p>

## Spartan Adventure Race 101 - Task Card

- Keep your group together for the entire race.
- Complete all stations for each lap, **except for the first lap**. Only stop at the Question and Answer Station on the first lap.
- All boxes on this card must be marked.
- When your group has finished 4 laps, cool down and cheer on the rest of the teams.

**Station 1 – “Question and Answers”:** Each racing team must come to the Answer Station all together. If all members are present and the question is answered correctly, they will move on to the next station. If the question is not answered correctly the racers will walk or jog around the Try Again Loop before they can attempt to answer the questions again.

1. What fitness component are you improving as you run around the track?
2. In a real Spartan Race, what exercise can you do if you decide not to do or are unable to complete an obstacle?
3. Which fitness components are most used during the Atlas Carry obstacle?
4. By doing this race, being regularly physically active and eating right, what fitness component are you improving?

**Station 2 – “20 Burpees”:** Teams must complete a total of 20 burpees. The 20 burpees can be split up amongst teammates however students would like.

**Station 3 – “Atlas Carry”:** Each team member must carry a medicine ball from one line to the other and back. The medicine ball must be placed (not dropped) behind the starting cone line before the team can move on. A team member may choose to complete 10 burpees instead of carrying the medicine ball if they wish.

**Station 4 – “Z Wall”:** Each team member must walk on each of the spots for one of the Zs without touching the ground before moving on. If a racer touches the ground they must move to the side and complete 10 burpees before moving to the next station.

**Station 5 – “Fire Jump”:** All team members must jump from one line of cones to the other. If they touch the ground in between they must stop and do 10 burpees before moving to the next station.

<b>Lap 1</b>	<b>Lap 1</b>	<b>Lap 1</b>	<b>Lap 1</b>	<b>Lap 1</b>
Q and A Station	NA	NA	NA	NA
<b>Lap 2</b>	<b>Lap 2</b>	<b>Lap 2</b>	<b>Lap 2</b>	<b>Lap 2</b>
Q and A Station	Burpees	Atlas Carry	Z Wall	Fire Jump
<b>Lap 3</b>	<b>Lap 3</b>	<b>Lap 3</b>	<b>Lap 3</b>	<b>Lap 3</b>
Q and A Station	Burpees	Atlas Carry	Z Wall	Fire Jump
<b>Lap 4</b>	<b>Lap 4</b>	<b>Lap 4</b>	<b>Lap 4</b>	<b>Lap 4</b>
Q and A Station	Burpees	Atlas Carry	Z Wall	Fire Jump

# Spartan Adventure Race 101 Layout

