

## Spartan Adventure Race 201 – 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 201 Station Signs</li> <li>• 5 Tall Cones for station signs</li> <li>• 20 Short or Dome Cones for Try Again Lap</li> <li>• 1 Long Jump Rope and 2 Tall Cones for Low Wire</li> <li>• 8 Five Gallon Buckets of various weights and 16 short cones for Bucket Brigade</li> <li>• 8 Rubber Spots, 8 Tennis Balls (makes it harder)/Team Handballs (makes it easier) and 8 Tall Plastic Cones for Spear Throw</li> <li>• 8 Bike/Car Tires (makes it harder) and 8 Short or Dome Cones for Tire Flip</li> </ul>
<b>Set-Up:</b>	<ul style="list-style-type: none"> <li>• <b>Station 1 – “Question and Answer”:</b> Place a tall cone with the station sign for the Question and Answer Station. Create a short (70 meter) Try Again Lap using the 20 dome cones on the inside of the track beginning and ending at the Answer Station.</li> <li>• <b>Station 2 – “Low Wire”:</b> Place a long jump rope between 2 tall cones with the station sign for the Low Wire Station.</li> <li>• <b>Station 3 – “Bucket Brigade”:</b> Place a tall cone with the station sign for the Bucket Brigade Station. Fill each of the 8 buckets with sand or dirt based on an appropriate weight for your students. Place 8 buckets at the start of the station in a line and 8 cones directly across from them about 10-15 meters away. Place the 8 buckets behind the line closest to the starting line.</li> <li>• <b>Station 4 – “Spear Throw”:</b> Place a tall cone with the station sign for the Spear Throw Station. Place 8 rubber spots with a team handball or tennis ball on top in a line directly across from a line of 8 tall plastic cones 10 ft. away.</li> <li>• <b>Station 5 – “Tire Flip”:</b> Place a tall cone with the station sign for the Tire Flip Station. Place 8 hula hoops or bike/car tires in a line at the start of the station and 8 Short or Dome Cones in a line directly across from them about 12 ft. away.</li> </ul>

<p><b>Lesson Introduction:</b></p>	<p>“Today we are going to do the Spartan Race 201. This race includes obstacles from 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><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><b>Station 2: “Low Wire”</b></p>	<p>Teams must crawl under the long jump rope before moving on with the race.</p>
<p><b>Station 3: “Bucket Brigade”</b></p>	<p>Each team member must carry a bucket with dirt or sand from one line to the other and back. The bucket 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 bucket if they wish.</p>
<p><b>Station 4: “Spear Throw”</b></p>	<p>Each team member must throw a ball trying to hit the tall cone. If the cone is hit the member can move on. If the cone is missed the member must do 10 burpees before moving to the next station.</p>
<p><b>Station 5: “Tire Flip”</b></p>	<p>Each team member must flip the hoop from one line to the other and back. The hoop must be placed behind the starting cone line before the team can move on. A team member may choose to complete 10 burpees instead of flipping the hoop if they wish.</p>
<p><b>Starting the Race</b></p>	<ul style="list-style-type: none"> <li>• Choose 6 judges for the race stations 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, 2 to the Spear Throw (one to mark cards, the other to set-up knocked over cones and toss thrown balls back to racing teams.) Send racing 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><b>Ending the Race</b></p>	<ul style="list-style-type: none"> <li>• Great job completing today’s adventure race! Show me on your fingers: On a scale of 1-5, how well did you do encouraging your teammates? What did you say or do to encourage each other? Show me on your fingers: On a scale of 1-5, How well did you follow the rules of the race? What did you do to ensure that you followed all of the rules of the race?</li> </ul>

### Spartan Adventure Race 201 - Task Card

- Keep your group together for the entire race.
- Complete all stations for each lap, except 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 Answer Station”** – 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. During this race there are times when you have to lift, flip or carry something. What fitness components are you improving when you do this?
2. What is the name of the shortest Spartan Race?
3. Which fitness component is most improved while running during this race?
4. If there were eight four person teams in a race and every team member of each team missed the cone on the spear throw when they came to that station for a lap, how many total burpees would have been completed for that station on that lap?

**Station 2: “Low Wire”** – Teams must crawl under the long jump rope before moving on with the race.

**Station 3: “Bucket Brigade”** – Each team member must carry a bucket with dirt or sand from one line to the other and back. The bucket 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 bucket if they wish.

**Station 4: “Spear Throw”** – Each team member must throw a ball trying to hit the tall cone. If the cone is hit the member can move on. If the cone is missed the member must do 10 burpees before moving to the next station.

**Station 5: “Tire Flip”** – Each team member must flip the hoop from one line to the other and back. The hoop must be placed behind the starting cone line before the team can move on. A team member may choose to complete 10 burpees instead of flipping the hoop if they wish.

<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 201 Layout

