

Step 1

Decide what the learning target is for your students. Do you want to design a fitness activity that is an alternative to the mile run? Do you want to incorporate stations that reinforce newly learned movement skills? Do you want to support students in learning new fitness concepts? Once you decide, move to the next step.

Step 2

Find a track, field, or blacktop where your students can do laps. Make sure that the space you find will support the obstacle stations you might want to include to support your learning target. For example: You would want to use a blacktop if you were going to have students practice the movement skills they have learned in a basketball unit, while you would want to use a track around a field if you were going to have students throw flying discs to each other at one of the stations.

Step 3

Determine what stations you would like to include. Like any good activity in your lesson plan, your adventure race should align with the learning goal you have for your students. If the learning target is for your students to show you the different flying disc throws they have learned for ultimate, then stations might be:

- Station 1: Question and Answer Station.
- Station 2: Throw backhand to all your group members 5 times in a row as they stand in a triangle or square at least 15 feet away from each other.
- Station 3: Throw forehand to all your group members 3 times in a row as they stand in a triangle or square at least 15 feet away from each other.
- Station 4: Catch the disc using a clap catch from group members while standing in a triangle or square at least 15 feet away from each other 3 times in a row.

Step 4

Determine what questions you will ask at your question and answer station. These questions and answers should support your learning target. They should also be questions that have only one or two clear answers. They should never be yes or no. It is recommended that the first question is the easiest in order to keep the race moving. For our ultimate example, our questions might be:

- What foot do you step with whenever you throw a disc in a game of ultimate?
- What should your grip fingers be doing when throwing a forehand with a disc?
- In most situations what is the most effective catch to use in ultimate?
- What is it called when you throw the disc to a teammate then quickly run to receive it yourself?

Step 5

Make your task sheet. There is a blank Word document template here that you can download, so you can make your own. Fill in the blanks with the information, stations and questions you are going to use. View a Spartan 101 or 201 Task Card for ideas of where things go. Make enough copies for each team in all your classes.



Setting Up a Spartan Adventure Race

Step 6

Gather equipment and set up the stations before class. You will always have the Try Again Loop, so you will need some small cones for that and a pen for each judge so they can mark off the task cards at each of the stations. You will also always need some bigger cones with station signs.

Other than that equipment needs will depend on what stations you have in your race. Set up the race.

Step 7

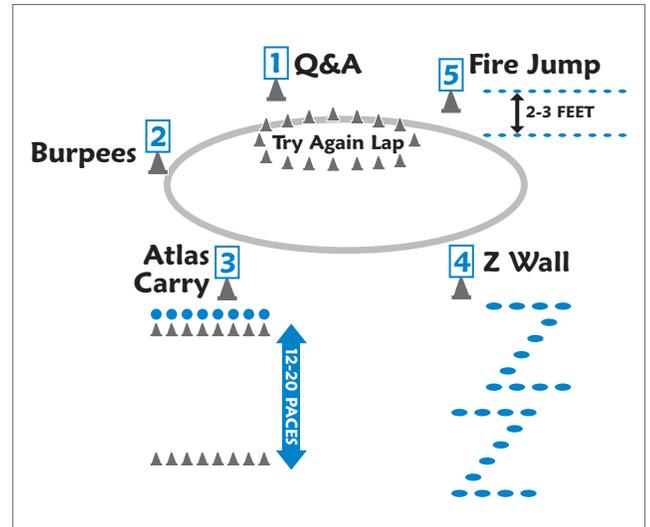
Teach your adventure racing lesson. Choose a judge for each station and get students into groups and hand each team a task card. While each group is reading the task card, talk to the judges and explain what they will be looking for at each station, give the question and answer judge the answers to the questions and send judges to their stations. When all judges have been sent to their stations with a pen or stamp to mark task cards, talk to the racers clarifying any course instructions.

Prep

- 1 Adventure Race 101 – Task Card per group
- 5 pens for judges to mark task cards
- Adventure Race 101 Station Cards
- 5 tall cones (for station signs)
- 20 short or dome cones for “Try Again Lap”
- 8 medicine balls of various weights and 16 short or dome cones for “Atlas Carry”
- 24 spots for “Z Wall”
- 20 short or dome cones for “Fire Jump”

Set

- Find a track, field, blacktop, or create your own area where students can do loops plus enough space to support the stations you will include.
- Place 5 tall cones around track each with a station card + equipment:
 - 1 = “Questions and Answers” (Create a short “Try Again Lap” using 20 short or dome cones)
 - 2 = “Burpees”
 - 3 = “Atlas Carry” (8 short or dome cones at start of station in a horizontal line and 8 short or dome cones directly across from them about 12-20 paces away. Place 8 rubber balls behind the starting line)
 - 4 = “Z Wall” (Make two “Z Walls” on the ground by placing 12 spots for each in a Z shape)
 - 5 = “Fire Jump Station” (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 feet away.)
- Choose 5 judges and get the remainder of students in groups of 3.



Teach

1. Today we are going to do **Spartan Adventure 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.
2. Keep your group together for the entire race (*use an object they must all hold onto in order to stay connected; i.e. rope or hoop*).
3. Complete all stations for each lap, except for the first lap. Only stop at the Question and Answer station on the first lap.
4. There is a judge at each station to mark off the box on your Task Card when completed. All boxes on this card must be marked.
5. These are the stations:

- a. Station 1 "Questions and Answers": Each group 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 group will walk or jog around the "Try Again Loop" before they can attempt to answer the questions again.
 - b. Station 2 "15 Burpees": Groups must complete a total of 15 burpees. The 15 burpees can be split up amongst group members however students would like. (*Options: Fewer burpees for students that are not quite ready. More burpees for students that need the extra challenge.*)
 - c. Station 3 "Atlas Carry": Each group 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 group member may choose to complete 5 burpees instead of carrying the rubber ball if they wish.
 - d. Station 4 "Z Wall": Each group 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 5 burpees before moving to the next station.
 - e. Station 5 "Fire Jump": All group members must jump from one line of cones to the other. If they touch the ground in between jumps, they must stop and do 5 burpees before moving to the next station.
6. (*Hand each group a Task Card.*) Read the Task Card with your group while I talk with the judges.
 7. (*Explain to judges what they will be looking for at each station and give them the answers to the questions and send judges to their stations.*)
 8. When your group has finished 4 laps, cool down and cheer on the rest of the teams.
 9. Remember to stay together with your group and run all the way around the first lap without doing any stations until the Questions and Answer stations. Begin!

Reflection Questions

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 well did you work together as a team?

Thumbs up or thumbs down: 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?

Standards Addressed

S3.M1: Physical Activity Knowledge
S3.M3: Engages in Physical Activity
S3.M7: Fitness Knowledge
S4.M1: Personal Responsibility
S4.M4 and M5: Working with Others
S4.M6: Rules and Etiquette



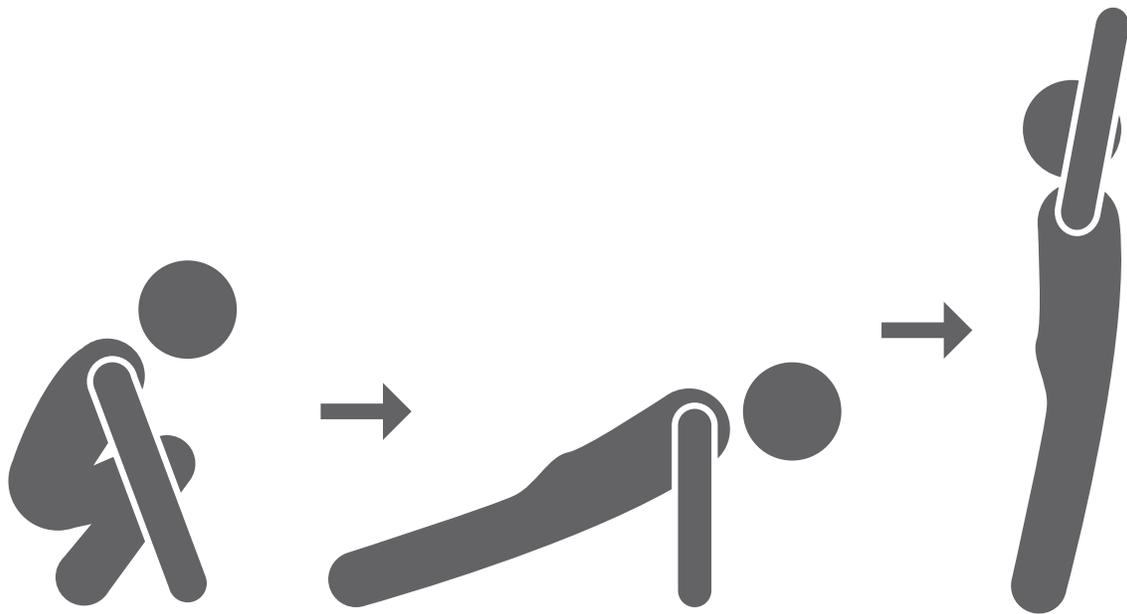
Question and Answer



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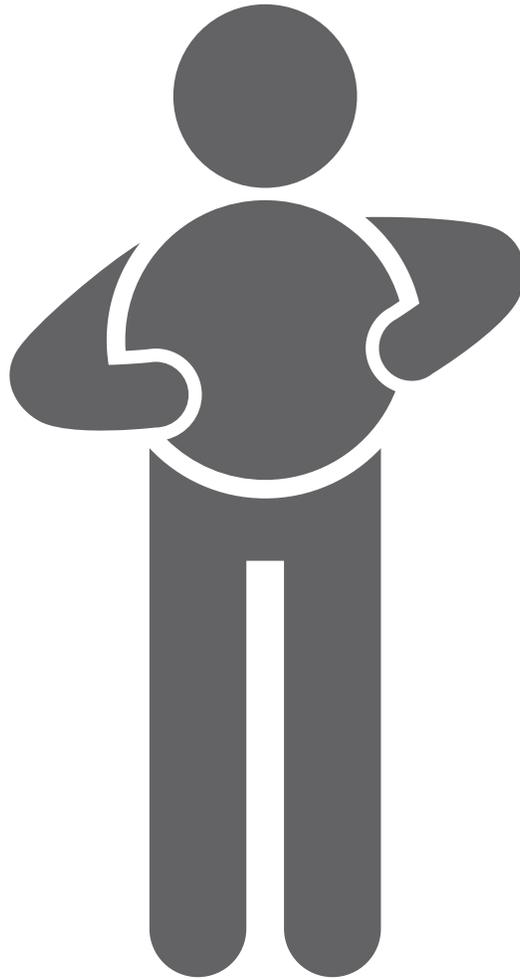
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Burpees



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Atlas Carry



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SPARK™

Z Wall

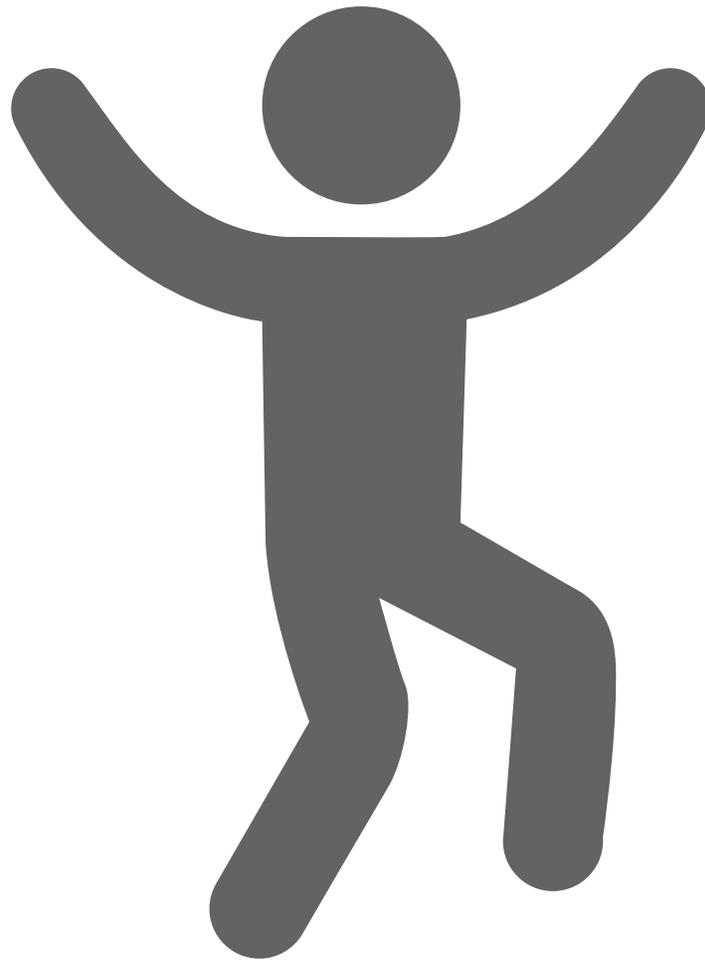


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SPARK™

Fire Jump



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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. You are improving your heart and lungs as you run around the track. What fitness component are you improving?
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 "15 Burpees": Teams must complete a total of 15 burpees. The 15 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 5 burpees instead of carrying the medicine ball if they wish.

Station 4 "Z Wall": Each group 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 3 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 5 burpees before moving to the next station.

Lap 1	Lap 1	Lap 1	Lap 1	Lap 1
Q & A Station	N/A	N/A	N/A	N/A
Lap 2	Lap 2	Lap 2	Lap 2	Lap 2
Q & A Station	Burpees	Atlas Carry	Z Wall	Fire Jump
Lap 3	Lap 3	Lap 3	Lap 3	Lap 3
Q & A Station	Burpees	Atlas Carry	Z Wall	Fire Jump
Lap 4	Lap 4	Lap 4	Lap 4	Lap 4
Q & A Station	Burpees	Atlas Carry	Z Wall	Fire Jump