

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.

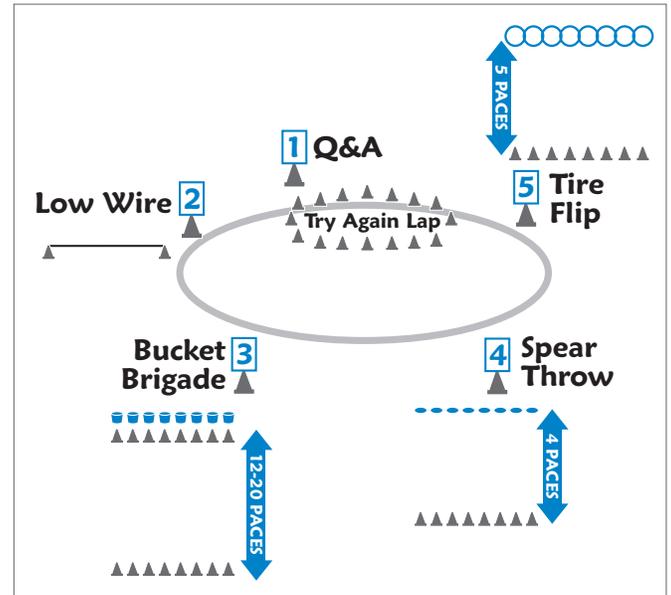
Other than that equipment needs will depend on what stations you have in your race. Set up the race.

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 201 – Task Card per group
- 5 pens for judges to mark task cards
- Adventure Race 201 Station Cards
- 5 tall cones (for station signs)
- 20 short or dome cones for “Try Again Lap”
- 1 long jump rope and 2 tall cones for “Low Wire”
- 8 five-gallon buckets of various weights and 16 short cones for “Bucket Brigade”
- 8 spots, 8 tennis balls (make it harder) / team handballs (makes it easier) and 8 tall plastic cones for “Spear Throw”
- 8 hoops (makes it easier) or bike/car tires (makes it harder) and 8 short or dome cones for “Tire Flip”



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 = “Low Wire” (Place a long jump rope between 2 tall cones)
 - 3 = “Bucket Brigade” (Fill each of the 8 buckets with sand or dirt based on appropriate weight for your students. Place 8 cones in a line and 1 bucket behind each of the cones and 8 cones directly across from them about 12-20 paces away.)
 - 4 = “Spear Throw” (Place 8 spots with a team handball on top in a line directly across from a line of 8 tall cones 4 paces away.)
 - 5 = “Tire Flip” (Place 8 hoops in a line at the start of the station and 8 short or dome cones in a line directly across from them about 5 paces away.)
- Choose 6 judges and get the remainder of students in groups of 3.

Teach

1. Today we are going to do **Spartan Adventure 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.
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 "Low Wire": Teams must crawl under the long jump rope before moving on with the race.
 - c. Station 3 "Bucket Brigade": Each group 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 group can move on. A group member may choose to complete 5 burpees instead of carrying the bucket if they wish.
 - d. Station 4 "Spear Throw": Each group 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 5 burpees before moving to the next station.
 - e. Station 5 "Tire Flip": Each group 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 group can move on. A group member may choose to complete 5 burpees instead of flipping the hoop if they wish.
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; 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.*)
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 you encourage your teammates?
- What did you say or do to encourage each other?
- 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?

Standards Addressed

S1.M2: Throwing
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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REAL 

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Low Wire



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REAL 

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SPARK™

Bucket Brigade



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REAL 

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SPARK™

Spear Throw



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REAL 

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SPARK™

Tire Flip



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.org

- 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 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 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 must 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 8 four person groups in a race and every group member of each group 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": Groups must crawl under the long jump rope before moving on with the race.

Station 3 "Bucket Brigade": Each group 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 5 burpees instead of carrying the bucket if they wish.

Station 4 "Spear Throw": Each group 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 5 burpees before moving to the next station.

Station 5 "Tire Flip": Each group 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 group member may choose to complete 5 burpees instead of flipping the hoop if they wish.

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	Low Wire	Bucket Brigade	Spear Throw	Tire Flip
Lap 3	Lap 3	Lap 3	Lap 3	Lap 3
Q & A Station	Low Wire	Bucket Brigade	Spear Throw	Tire Flip
Lap 4	Lap 4	Lap 4	Lap 4	Lap 4
Q & A Station	Low Wire	Bucket Brigade	Spear Throw	Tire Flip