

Ninja Warrior Obstacle Course¹

A resource for tutors/teachers to support the Home or School Based Summer Programme

Learning objectives:

This activity builds skills in *Learning to Learn* specifically developing social skills and self-regulation as well as communication skill development.

Key skills include:

- Oral language – discussion and vocabulary development
- Geography- Create a map of what the course will look like
- PE/Movement/Self-regulation- completing the obstacle course

Introduction - General discussion:

- Discuss the concept of ‘What is an obstacle course?’*[You could allow the children to watch clips from obstacle course shows such as Ninja Warrior.](#)
As a group move around the school and take photos of things that could be used for the course. [*See list of possible sample materials on pg. 2](#)
- Print off the images (these can be used in the creation of a differentiated map where children have difficulty drawing – they can place the pictures where they want the items to go instead on their course).

Development

- **Create the map** – Draw or use the images to create a simple large map which the students can refer to when creating their course. Discuss placement with the students and look at any safety points which may need addressing.
- **Gather materials** - Gather all the materials required either on the yard/ in the garden/ in the hall.
- **Create the course** - Work as a team to create the course using the pre-prepared map.
- **Complete the course** - This can be done for fun/ for time/ as a relay etc.

¹ Revised May 2022

Conclusion

- Discuss any changes that they would make having completed the course. They may wish to make these and do it again.

List of potential materials which can be used

1. Hoola hoops
2. Beanbags
3. Cones
4. Basketballs and hoops
5. Ladders
6. Hurdles- these can be made also using cardboard boxes/ cones and sticks
e.g. hockey sticks
7. Netting to crawl under – this can also be created using a net and some cardboard boxes/ benches to stick the edges to
8. Tunnel – this can be made using cardboard boxes or chairs and a sheet if you do not have one
9. Limbo- Use 2 chairs and a brush
10. Walk the plank – using school benches or planks of wood
11. Small mats- jump from one to the next
12. Gymnastics horse – scale and jump over
13. Buckets and water (outdoors only for safety) – move from a large bucket to a small one using only a soup ladle to fill the smaller bucket (run over and back until it is full)
14. Jigsaw – large jigsaw where children have to work as a team to get the pieces and create the jigsaw before moving to the next piece
15. Stepping stones

16. Some schools have a playground and if so use this to your advantage by including slides, fireman's poles, climbing walls, swings etc.

17. Scooter boards