

# Obstacle Switcheroo - Levels F-3

# STAY ACTIVE

To help students practise adaptability through physical play by navigating an ever-changing obstacle course. Pluto reminds us that paths can shift, but with the right attitude, every twist and turn is an opportunity for discovery.



## Learning Intentions

**Students will learn** to try new challenges even when they change. This helps develop adaptability and courage.

**Students will practise** moving through an obstacle course with focus and fun. This promotes physical coordination and problem-solving.

**Students will learn** to stay calm and keep going when the path changes. This builds emotional flexibility and perseverance.



## Success Criteria

I can move safely and confidently through changing obstacles.  
This supports both physical literacy and resilience.

I can try again if I feel confused or something changes.  
This shows a growth mindset and persistence.

I can enjoy surprises and changes in the activity.  
This encourages positive emotional responses to unexpected challenges.



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## Objective:

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## Players:

Ideal for small groups or whole-class rotations

## Materials:

- Cones, mats, hoops, beanbags, tunnels, chalk, or classroom furniture
- Music (optional)
- A large open space (indoors or outdoors)

## Time Required:

15–20 minutes

## Setup:

Begin by reading the Pluto page from *The Playful Astronauts* and discussing:

- “What do we do when things don’t go as planned?”
- “How can we stay calm and flexible when something changes?”

Create an obstacle course using available equipment with 3–5 stations (e.g., jump through hoops, crawl under a table, balance along a rope). Explain that the course will change a little each time they go through it, just like how Pluto’s orbit is different from the other planets!

## Gameplay:

### Step 1 – Run Through Once:

Students complete the obstacle course as it’s first shown.

### Step 2 – Switch It Up:

While students are finishing, secretly change one or two elements of the course, such as:

- Swap jump for crawl
- Add a new action (spin in a hoop)
- Remove a step or reverse direction
- Lengthen the gap between stepping stones.

Tell students, “Pluto’s changed the path again!”



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## Step 3 – Repeat and Reflect:

Repeat with small surprises each round. Cheer on students who laugh, adjust, and try new things.

Between rounds, ask:

- “How did you feel when the obstacle changed?”
- “What helped you figure it out?”

## Winning the Game:

Anyone who keeps going, tries their best, and adapts to the new path is a winner. Pluto shows us that every unexpected twist is a part of the adventure.

## Variations:

### Student Pluto:

Let one student become the “Pluto Switcher,” who decides what to change each round. This builds leadership, creativity, and observation skills.

### Reverse Orbit Round:

Run the entire course backwards, start at the finish line and end at the beginning! This helps students practise memory, spatial awareness, and flexibility.

### Team Orbit Challenge:

Divide into small teams.

Each team completes the course, then adds one new challenge for the next team (e.g., “hop three times before the tunnel”).

### Silent Switcheroo:

Play one round without talking, students must use gestures, eye contact, or teamwork to adapt and complete the course.

### Cosmic Countdown:

Add music and time each round.

When the music stops, Pluto changes one rule or removes one piece of equipment before the next run.



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### For Wheelchair Users / Accessibility:

- Design wide, accessible paths with no tight turns or uneven surfaces.
- Replace crawling or jumping actions with upper-body movements (e.g., arm circles, claps, spins, reaching up, or passing an object).
- Create visual or sensory checkpoints instead of physical barriers (e.g., “touch the red cone,” “wave to the star poster”).
- Offer seated alternatives for balance or throwing stations.
- Allow students with limited mobility to act as “Pluto Switchers,” introducing rule changes and leading reflection discussions.
- Use lightweight or tactile materials to ensure full inclusion (e.g., scarves, foam balls, ribbons).

### Notes for Inclusion:

- Encourage cooperation over competition, focus on teamwork and effort, not winning.
- Emphasise that mistakes are part of the fun, model resilience by laughing when something goes wrong.
- Offer choices: students can choose their own way to adapt (e.g., crawl, hop, wheel, or skip).
- Reinforce affirmations during the game:
  - “It’s okay to try again.”
  - “We can handle change together.”
  - “Every path can lead to fun!”
- Pair students to support one another physically or emotionally as the game changes.
- End with a group reflection linked to Pluto:
  - “Just like Pluto’s orbit, life can change in unexpected ways, and when we stay calm, kind, and flexible, we always find our way.”

### Additional Notes:

*Obstacle Switcheroo* is more than just physical play, it’s a metaphor for life’s little surprises. Students learn that things might not always go as planned, but with a playful spirit and flexible mindset, they can keep moving forward with joy.

