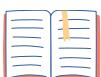


Obstacle Switcheroo - Levels F-3

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.



Obstacle Switcheroo - Levels F-3

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Objective:

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.

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.



Obstacle Switcheroo - Levels F-3

STAY ACTIVE

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.

