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Grades K-12

SCOOTER 500

OBJECTIVES

STUDENTS WILL...

- ▶ Learn how to follow instructions
- ▶ Perform specific tasks designated by the teacher
- ▶ Improve physical and cardiovascular fitness

HOW TO PLAY

1. Before class, set up the obstacle course. This course will serve as the race track.
2. Split the class into teams of 3.
3. When the race begins, the first member of each team will use a scooter to scoot through the course, stopping at each station and completing the exercise required at each station along the way.
4. Exercises at the five stations will be:
 - ▶ 15 push-ups
 - ▶ 25 sit-ups
 - ▶ 20 air squats
 - ▶ 15 mountain climbers
 - ▶ 25 jumping jacks
5. Once the first member of the team completes 1 lap, the next team member uses the scooter to complete the course.
6. The first team to have all 3 members complete the course wins the race.

GAME OPTIONS

1. Change the stations from exercises to completing a specific task, such as solving a math problem.
2. Have students go through the course as a team instead of individually.
3. See how many times each team can get through the course in a set time limit.



EQUIPMENT LIST

- Super Scooters, 16", set of 6 — PE09280
- Cone Folders, set of 6 — PE08745
- Round Base Cones, 12" H, set of 6 — PE08749



6 SUPER SCOOTERS



6 CONE FOLDERS



6 TRAFFIC CONES

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