

Core Skills Analysis

Physical Education

- Developed gross motor skills by navigating various physical challenges in a natural setting.
- Enhanced balance and coordination through tasks such as climbing, jumping, or stepping over obstacles.
- Improved cardiovascular fitness and overall physical endurance by engaging in continuous physical activity.
- Encouraged spatial awareness and body control as the student assessed and interacted with uneven terrain.

Environmental Science

- Fostered awareness and appreciation of natural environments by physically engaging with outdoor elements.
- Provided experiential learning about natural features such as trees, rocks, soil, and water found along the course.
- Introduced concepts of ecology and the importance of respecting natural habitats through direct observation.
- Encouraged curiosity and sensory exploration by touching, seeing, and hearing aspects of nature.

Problem Solving and Critical Thinking

- Enhanced decision-making skills by determining the best routes and methods to overcome physical obstacles.
- Practiced planning and strategy in sequencing movements to efficiently complete the course.
- Developed resilience and adaptability by encountering and responding to unpredictable natural challenges.
- Encouraged creative thinking when improvising solutions for obstacles using natural materials.

Tips

To deepen the learning from a nature obstacle course, consider integrating journaling or sketching the environment before and after the activity to heighten observation skills and reflection. Incorporate discussions about the local flora and fauna encountered to weave in environmental education. Challenge students to design their own courses, fostering creativity and planning abilities. Finally, pairing the activities with mindfulness exercises can promote emotional regulation and deeper connection with nature.

Book Recommendations

- [Outside Your Window: A First Book of Nature](#) by Nicola Davies: A poetic introduction to the natural world, encouraging young readers to observe and appreciate nature around them.
- [My Outdoor Handbook](#) by Anna Wooler: A practical guide filled with ideas for exploring and learning outdoors, perfect for inspiring nature-based activities.
- [The Outdoor Scientist: The Wonder of Observing the Natural World](#) by Deborah Lee Rose: Encourages children to become scientists by observing, exploring, and asking questions about the natural environment.

Learning Standards

- CCSS.ELA-LITERACY.SL.1.1: Participate in collaborative conversations about topics and texts with peers and adults in small and larger groups.
- CCSS.MATH.CONTENT.1.MD.A.1: Order three objects by length; compare the lengths of two

objects indirectly by using a third object.

- Next Generation Science Standards (NGSS) K-ESS3-1: Use a model to represent the relationship between the needs of different plants or animals and the places they live.
- Physical Education National Standards: Standard 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Try This Next

- Design a worksheet to map out the obstacle course, including drawing obstacles and noting how to navigate them.
- Create a scavenger hunt quiz that asks students to identify natural items or features encountered during the course.