



Adventure Trails Sample Pages

Adventures Package 5



The March



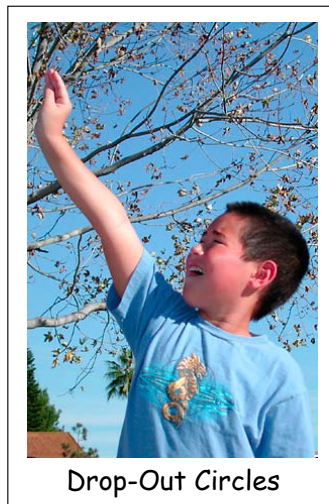
Open, Close



The Hopping Pattern



The Gallop



Drop-Out Circles



Copycat

The Cover Page shows a photo of each package activity. Once activities have been introduced, posted Cover Pages make it easy for adventurers to do packages independently.

Adventure Trails Sample Pages



Movie Clips show each package activity in action, providing yet another visual way to quickly learn what to do.

Instructions for Adventure Package 5

■ Square ✓ Straight ✓ Combo ✓ Curved ✓ Zigzag ✓ Lazy 8 ■ Boundary

The March

March up and back the trail.

RED FLAGS: Does not swing arms in a steady cross pattern ; suppresses one or both arms while marching

Open, Close

Follow a person's reciprocal motions (e.g. one hand opens while the other closes; one palm turns up while the other turns down). Say the corresponding movement.

RED FLAGS: Cannot maintain a rhythm; cannot coordinate the reciprocal pattern

The Hopping Pattern

Repeat this hopping pattern: right foot, right foot, left foot. Do not stop when switching from one foot to the other.

RED FLAGS: Loses balance; cannot stay on the trail; follows a hop-stop-reorient pattern

The Gallop

Gallop, switching the leading foot at the trail's mid-point.

RED FLAGS: Cannot lead with one foot; cannot stay on the trail

Drop-Out Circles

Make huge circles with your arms. Have someone call out which hand (right or left) to "drop out." Drop that arm to the side, but keep the other arm moving. Upon hearing the command, "Both," start circling both arms once again. Continue dropping out and resuming arm circling per command.

RED FLAG: Confuses which hand to move or drop out

Copycat

Watch someone at the end of the trail. Copy whatever he or she says or does.

RED FLAG: Cannot copy motions while moving

The Support page provides activity directions, red flags, and modifications so that all adventurers can experience success.

Adventure Package 5 Brain-Processing Connection

Adventure Package 5 presents opportunities to improve bilateral coordination, brain integration, and vestibular processing.

Bilateral integration is the neurological process of integrating sensations from both sides of the body. Bilateral integration precedes bilateral coordination, which is the ability to use both sides of the body in a smooth, coordinated manner.

Marching, galloping, and hopping require bilateral movement; such movements bring the two brain hemispheres into balance. When the brain hemispheres are balanced, learning becomes easy.

We can infer that adventurers have good integration by observing the balance, harmony, and synchrony between two sides of the body during these bilateral movements. In contrast, we can infer faulty integration if we observe suppression of the arms, rigidity, and unstable or inconsistent rhythm. Poor vestibular and proprioceptive processing are thought to be the basis for poor bilateral integration.

Bilateral coordination is enhanced by:

- marching and galloping
- hopping to a specific rhythm
- keeping one arm moving while stopping the other
- using both hands to imitate symmetrical motions

Auditory and motor system integration is enhanced by:

- coordinating movement and speech

Vestibular processing is enhanced by:

- maintaining balance
- staying on the trail

Proprioception is enhanced by:

- using both hands to imitate reciprocal hand motions



The Brain-Processing Connection Page summarizes the connection between specific package activities, behavior, coordination, attention, and academic performance.

Create Your Own Obstacle Course

What props will you use? What movements will adventurers do? What will be first? What will be last? Follow these steps to create a one-of-a-kind obstacle course.

Step 1: Plan obstacles.

What common items can turn into obstacles for your course? Here are some ideas.

Chairs

Pass through a narrow aisle; climb over the seat; crawl under the seat.

Soccer Cones

Jump over the top; run around the cone; go through (hop, crawl, as a wheelbarrow, etc.) two parallel cones.

Milk Crates

Jump on top of the crate; jump off the crate and land on a specified mark; run around the crate.

Jump Ropes

Jump over two parallel ropes on the ground; run around the perimeter of a rope formed in a circle.

Hula Hoops

Jump in and out of a hoop on the ground; go through a hoop (held by someone else); hold the hoop around the body while going through parts of the course.

Wastebaskets

Throw beanbags or balls into wastebasket; run around the wastebasket; leap over the wastebasket (if low).

Buckets

Fill buckets with water and carry them through parts of the course.



Pages guide and encourage adventurers to create their own obstacle courses. The myriad of suggestions and step-by-step, guided process ensures that adventurers have both fun and success with this challenge. Great for physical education stations, birthday parties, block parties, and more.

