

# **MT. PATHWAYS CHALLENGE KIT**

**To develop leadership skills**

**To provide an opportunity for creative physical activity**

## **TRAIL COURSES:**

**Yellow Bead Trail**

**Red Bead Trail**

**Blue Bead Trail**

**White Bead Trail**

**Green Bead Trail**

## **TRAIL STATION ACTIVITIES:**

**Stretching**

**Aerobic**

**Aerobic Movement**

**Upper Body Strength**

**Lower Body Strength**

**Carnival**

## **Introduction**

### **What is the Mount Pathways Challenge?**

The Mt. Pathways Challenge is a physical activity component for the fifth grade curriculum. The goal of the challenge is to increase student's energy expenditure during school through enjoyable physical activity.

The purpose of the challenge is to develop leadership skills and an opportunity for creative physical activity for students. The Mt. Pathways Kit is designed to be "student friendly" and to be used with minimal planning, set-up and equipment.

The Mt. Pathways Challenge is to be taught as part of the Pathways class, however, Trails are designed to be done outdoors in a large open area or indoors in a gymnasium or large room with cones (6) initially placed at least 10-15 paces apart. This distance increases to 20 paces apart by increments throughout the lessons. If this area must be scheduled apart from the regular Pathways class, teachers can arrange for appropriate time slots to complete this Trail activity.

### **What is a Pathways Trail?**

The Trail is an exercise circuit comprised of activity stations organized in a number of different patterns (layouts). The activities at each station are chosen to promote different aspects of physical fitness, stretching, upper body strength, aerobic movement, aerobics, and lower body strength, along with a fun carnival activity station.

### **How are Trails followed?**

Teams start at their homebase and perform the action movement for that station for one minute until they hear a whistle or clap of hands by the teacher. Then, they walk/jog to the next station. Teams need to complete the action movement at each station before moving on to the next station. Once a team is back at their homebase, individual students can do a walk/jog through the Trail Course without stopping to do the action movements.

### **How are Trails marked?**

Trails are marked using cones numbered 1-6. The action movement cards are clipped to sign boards that fit into each station's cone.

## How do I assign a team to be the Trail blazers?

Divide the class into 6 groups by having the students count to six. All of those having number 1 will be a team, number 2, number 3 and so forth. After dividing students into separate teams, it is important to decide on how to rotate leadership among the teams so that each team has an opportunity to be a Trail blazer team and hold responsibility to set up and lead a Trail Course.

## How do Trail blazers set up a Trail?

Trail blazers design their Trail Course by following these steps:

1. Trail blazers will remove from the folder containing the action movement cards for the designated trail in the **Mt. Pathways Challenge Kit**.
2. Include any equipment that is needed to complete this activity.
3. Trail blazers will review the Trail sheet with the class to inform them of the course and the direction they will move from station to station. If necessary, Trail blazers may need to demonstrate the action movements to the class before leaving to do the Trail.
4. Trail blazers will challenge the class to jog a Bonus Lap at three levels: Great is one minute, Outstanding is two minutes, and Awesome is for three minutes.
5. Trail blazers will monitor the set up of the Trail at the designated area and assist with any special equipment needs for a station.
6. Trail blazers will position each team to start at their homebase (Team 1 at station 1, team 2 at station 2, etc.).
7. Teams will complete the Trail by doing action movements at each station for a period of one minute.
8. Trail blazers monitor teams returning the equipment used in the Trail to the classroom.
9. Trail blazers record the completion of this trail on the **Mt. Pathways** poster and write the team name below the trail.

## How does the Mt. Pathways Challenge work?

Students are introduced to the Mt. Pathways Challenge through the *Pathways News Bulletin* which is read during Week 2 of the classroom curriculum. Following this students are invited to form teams and select a name for their team for the challenge to “climb” Mt. Pathways.

The first Trail Course, the Yellow Bead Trail, is set up by the teacher either outdoors or in the gymnasium during Part A using the circle Trail Course. In Part B, the students are divided into teams and another Trail Course is completed with a Trail blazer team leading.

The Trail blazers are responsible to demonstrate the action movements to the class, monitor the setup and return of all equipment used in a Trail, and record the class progress on the Mt. Pathways poster. At the beginning of each week, a different team will be assigned by the teacher to be the Trail blazers.

The Trail blazers will challenge the class to jog a Bonus Lap for a minute which is “Great,” two minutes which is “Outstanding,” and three minutes which is “Awesome.” They will also chart the class progress after each Trail has been completed on the Mt. Pathways poster. They will write the description of this challenge in the circle for Bonus Lap. They will also shade in the Trail that was completed and write their team name underneath the Trail.

Individual students will chart their progress on a **Pony Bead Chart** in their *Student Notebook* which allows students to shade five pony beads when they complete a trail. They also will shade in one bead for completing a Bonus Lap at the Great level, two beads at the Outstanding level, and three beads at the Awesome level.

At the end of Pathways, students will total the number of pony beads for each Trail and will receive that color and number of beads. These beads may be fashioned into necklaces, bracelets, key chains, zipper tabs, or other creative items.

## **How long does the Mt. Pathways Challenge last?**

The Mt. Pathways Challenge is designed to occur 5 times during the 5th Grade Pathways curriculum beginning in Week 2.

Additional Trails may be completed if the teacher wants to continue the Mt. Pathways Challenge after the end of the Pathway classes.

## **Progression**

In the Mt. Pathways Challenge, progression refers to a gradual increase in the amount of physical activity undertaken in any one period. Teams are encouraged to move around the Trail at a pace that is comfortable and then to gradually increase that pace as their fitness improves. To provide a more challenging course, lengthen the distance between stations. As the weeks progress, teams should be able to increase their repetitions. A supportive, improvement oriented environment will foster their development.

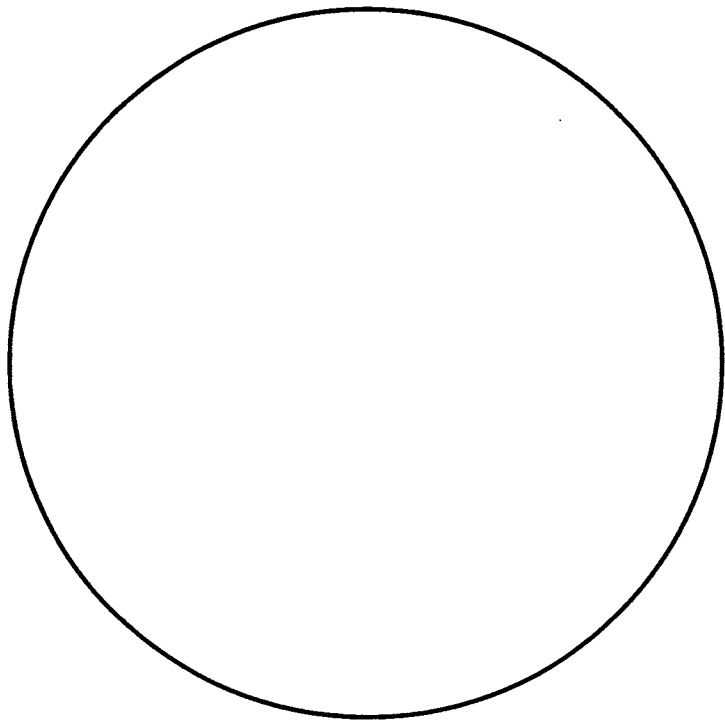
The following general strategy for progression is recommended:

- Start the Trails with at least 10-15 paces and lengthened to 20-25 paces.
- Gradually, lengthen the distance between stations after each trail.

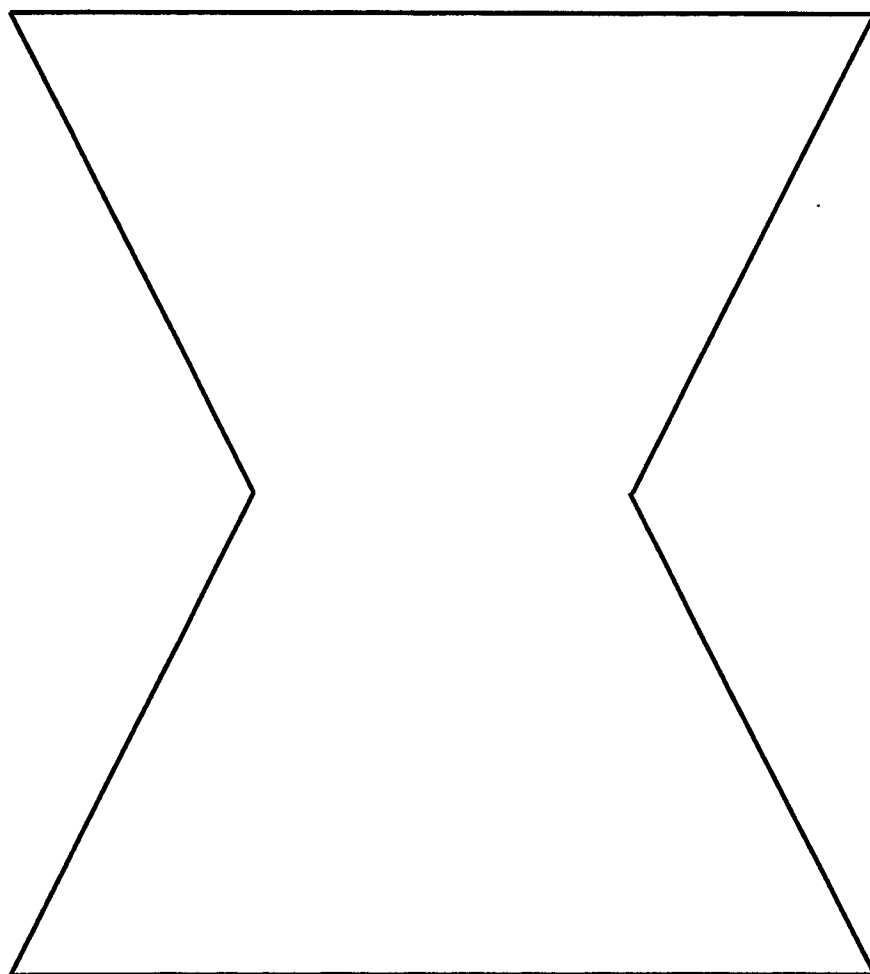
## **Class Management Suggestions**

1. A key part of this experience is the leadership skills developed by being a Trail blazer. Encourage each team to take pride in their ability to monitor a Trail Course, demonstrate action movements, and set up and return equipment.
2. Demonstrate enthusiasm for the Mt. Pathways Challenge and for physical activity. Give praise to the teams as they move along the Trail. **Join the fun yourself!**
3. Be activity conscious! Be sure the students are moving while they are on the Trail.
4. Be safety conscious! Be sure students have appropriate foot wear and that all Trails are in a safe environment for the students to perform the selected action movements.
5. Have fun and be creative!

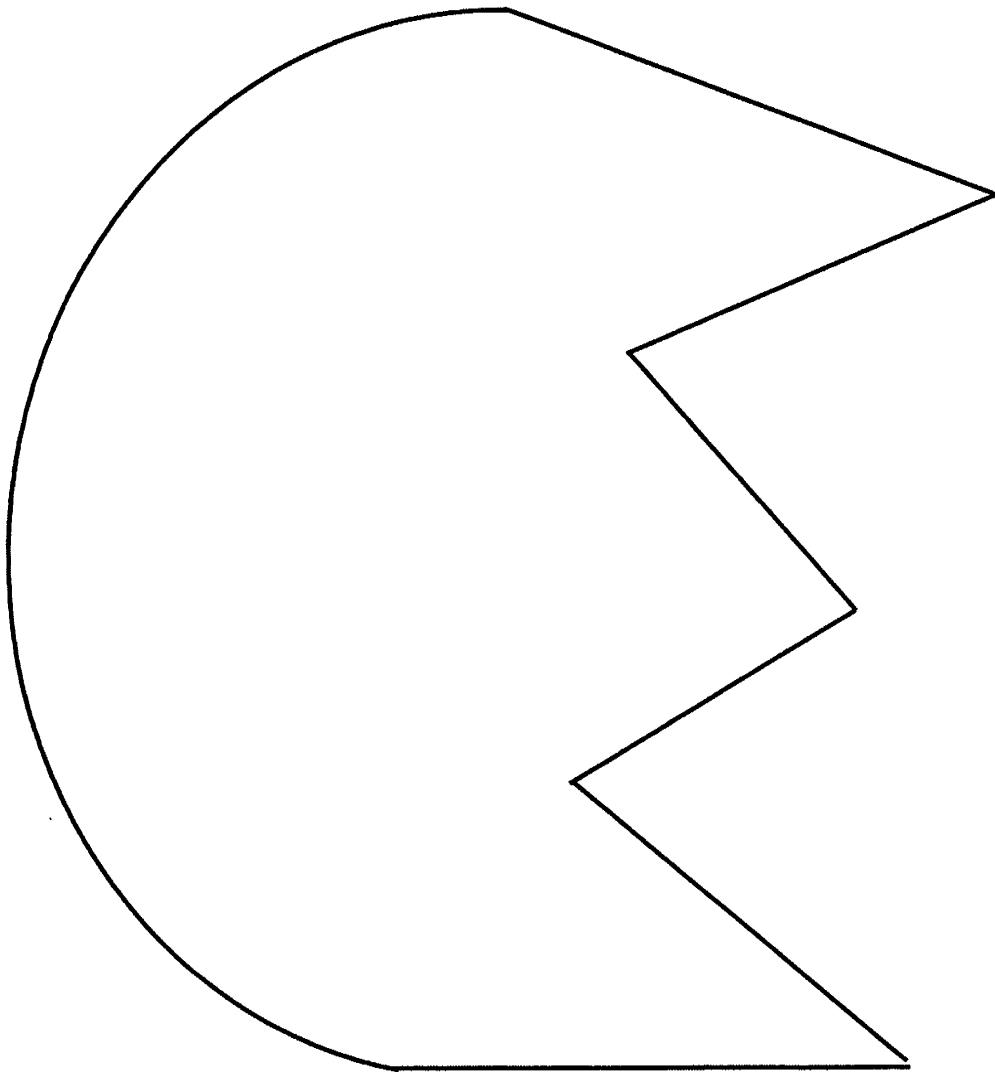
**Circle**



# Hourglass



**Zig-Zag**





# **Yellow Bead Trail**

# **ARM CIRCLES**

**Place feet shoulder width apart.**

**Extend arms straight out to the side and circle forward.**

**Reverse motion.**

**NO EQUIPMENT NEEDED**

# JUMP TURNS

**Start with feet together.**

**Bend knees and twist trunk.**

**Jump and turn at the same time. (Try one quarter, half, three quarter, and full turns).**

**NO EQUIPMENT NEEDED**

# SKI SLALOM

**With feet together, jump side to side over a real or imaginary line.**

**NO EQUIPMENT NEEDED**

# FLAT TIRE

Start in a push-up position with legs extended out behind you, hands under shoulders, back parallel to ground and slowly lower body to the ground.

“Let the air out” like a flat tire.

Return to starting position by pushing back up and repeat the flat tire motion.

**NO EQUIPMENT NEEDED**



# **BASKETBALL**

## **BLAST OFF**

**Start with feet together and bend knees.**

**Swing arms back and forth.**

**Jump straight up as high as possible.**

**NO EQUIPMENT NEEDED**



# BEAN BAG JACKS

**Toss bean bag into the air and do a jumping jack once.**

**Catch the bag before it hits the ground.**

**Repeat adding one more jumping jack each time.**

## **EQUIPMENT NEEDED**

**1 Bean Bag for each person at the station**

# Red Bead Trail



# **RAG DOLL**

**Place feet shoulder width apart with knees slightly bent.**

**Bend forward at the waist toward feet and allow arms and shoulders to be limp like a rag doll.**

**Slowly raise back up.**

**Repeat.**

**NO EQUIPMENT NEEDED**

# JUMPING JACKS

**Stand with feet together and arms to your side.**

**Hop up and land with feet apart to the side while raising arms straight above your head and clap hands together.**

**Hop up and land with feet together while bringing your arms back to your side.**

**Repeat.**

**NO EQUIPMENT NEEDED**

# **PACER**

**Make a line on the ground, take 10 steps & make a second line on the ground.**

**Start at one line and run to touch opposite line with one hand.**

**Run back to starting point and touch the line with other hand again.**

## **EQUIPMENT NEEDED**

**4 small cones or something to make two lines**

# TRICEPS DIP

Take a crab walk position (weight on palms of hands and feet, with fingers pointing towards your feet and stomach facing up parallel to the ground).

Bend and straighten elbows to raise and lower the body while keeping the back straight.

**NO EQUIPMENT NEEDED**



# **STANDING LONG JUMP**

**Start with feet together and bend knees.**

**Swing arms back and forth.**

**Jump as far forward as possible.**

**Land on two feet.**

**NO EQUIPMENT NEEDED**



# HULA HOOP

**Stand inside a hoop and grasp it at waist level.**

**Push hoop and start swinging hips to keep the hoop circling your waist.**

**Repeat.**

## **EQUIPMENT NEEDED**

**One hoop for each person at the station**

# **Blue Bead Trail**

# **SIDE BENDS**

**Stand with feet shoulder width apart.**

**With left arm overhead, lean to the right.**

**Slide right hand down side of right leg.**

**Reach as far as you can without leaning forward or back.**

**Hold and slowly return back up. Switch arms, alternate sides.**

**Repeat.**

**NO EQUIPMENT NEEDED**



# ELBOW TOUCH- OPPOSITES

**Stand with arms bent in front.**

**Raise right knee to left elbow and touch elbow with knee. Hop.**

**Raise left knee to right elbow and touch elbow with knee. Hop.**

**Repeat.**

**NO EQUIPMENT NEEDED**

# **JUMP FORWARD JOG BACK**

**With feet together, jump four steps forward.**

**Jog back to starting point.**

**Repeat.**

**NO EQUIPMENT NEEDED**

# POWER PUNCH

**Stand and raise arms in front of body.**

**Clench hands and punch one fist in front of body and then the other.**

**Repeat.**

**NO EQUIPMENT NEEDED**

# **SQUAT THRUSTS**

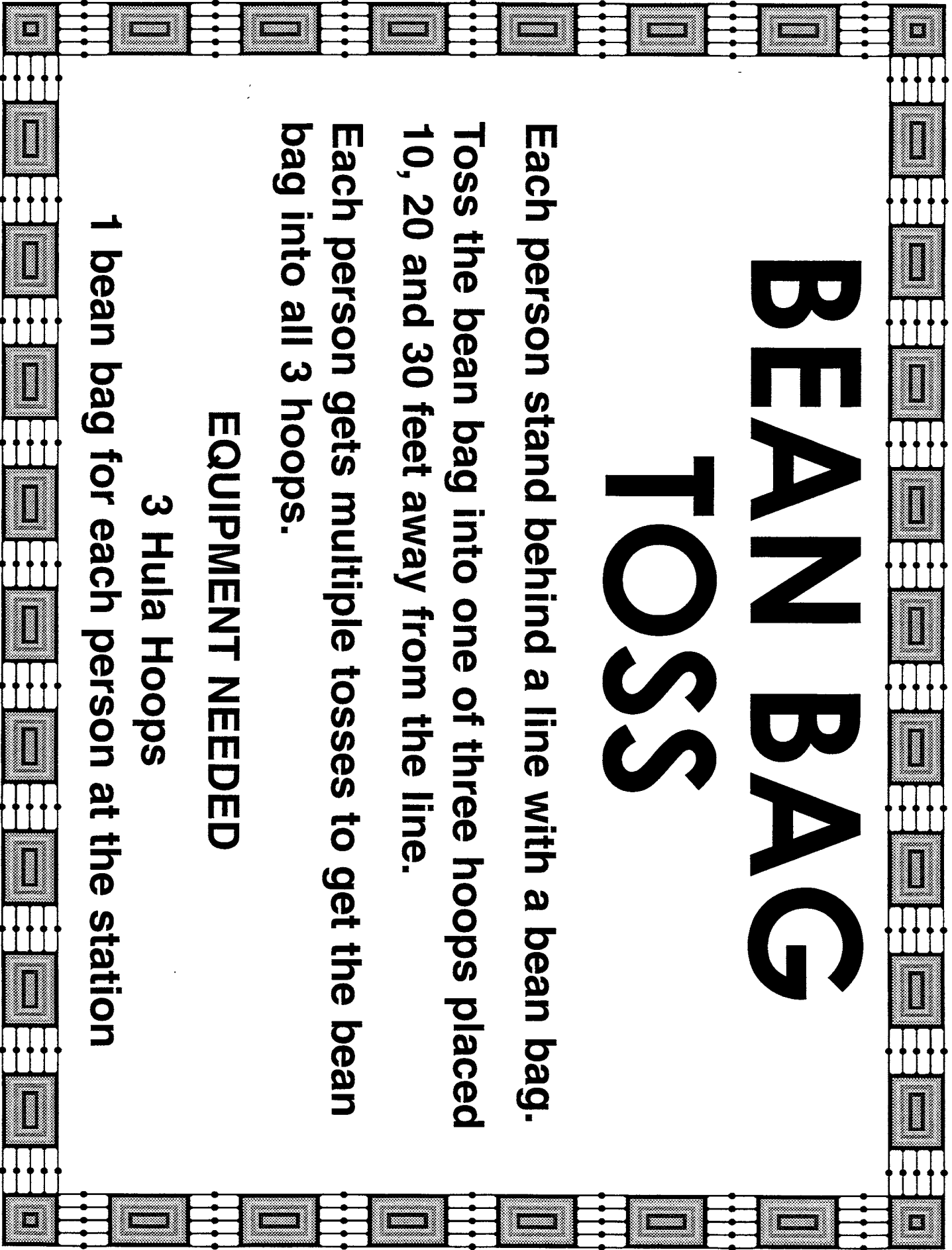
**Stand straight with feet together and squat down placing both palms on the ground with palms next to your feet.**

**Thrust legs backwards until they are straight (like a push-up).**

**Push off both feet to a squat position again (feet by hands).**

**Return to a standing position and repeat movement.**

**NO EQUIPMENT NEEDED**



# **BEAN BAG TOS**

**Each person stand behind a line with a bean bag.**

**Toss the bean bag into one of three hoops placed  
10, 20 and 30 feet away from the line.**

**Each person gets multiple tosses to get the bean  
bag into all 3 hoops.**

## **EQUIPMENT NEEDED**

**3 Hula Hoops**

**1 bean bag for each person at the station**

# ***White Bead Trail***

# TRUNK TWISTS

**Place feet shoulder width apart.**

**Raise elbows up to the side with hands touching in front of chest.**

**Slowly twist upper body at waist from one side to the other side.**

**Repeat.**

**NO EQUIPMENT NEEDED**

# GRAPEVINE

**Start with feet together.**

**Step to the side with right foot.**

**Cross left foot in front of right foot.**

**Step to right with right foot and cross left foot behind the right foot.**

**Continue with feet crossing first in front then in back.**

**Repeat in opposite direction.**

**NO EQUIPMENT NEEDED**



# **RUN AROUND THE MESA**

**Run a zig zag pathways through three cones aligned in a straight line 5 paces apart.**

**Return by jogging on the right side of the cones.**

**Repeat.**

## **EQUIPMENT NEEDED**

**3 Small Cones placed 5 paces apart**

# **KNEE PUSH-UPS**

**Lay flat on stomach with hands flat on the ground by your shoulders, elbows bent.**

**Bend at the knees so both feet are up in the air.**

**Push up until arms are straight & upper body is off the ground. Keep back straight.**

**Bend elbows to lower body to ground.**

**Repeat.**

**NO EQUIPMENT NEEDED**



# **JUMP AND TURN**

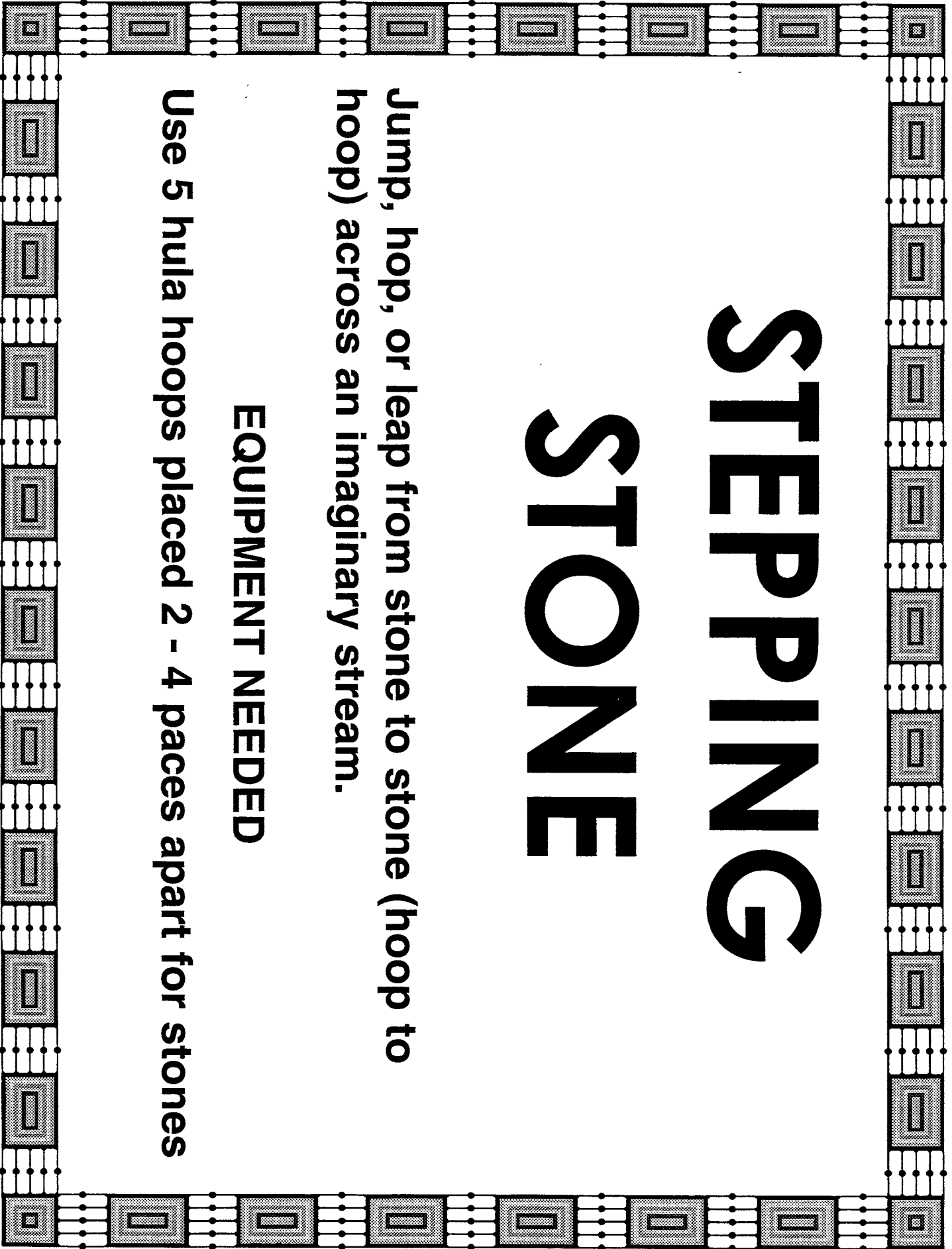
**Stand with feet together on a line.**

**Twist trunk and bend knees.**

**Jump and turn to face the opposite direction.**

**Repeat.**

**NO EQUIPMENT NEEDED**



# STEPPING STONE

**Jump, hop, or leap from stone to stone (hoop to hoop) across an imaginary stream.**

## **EQUIPMENT NEEDED**

**Use 5 hula hoops placed 2 - 4 paces apart for stones**

# Green Bead Trail

# **FORWARD LUNGES**

**Start with feet together, take a big step forward, bend front knee.**

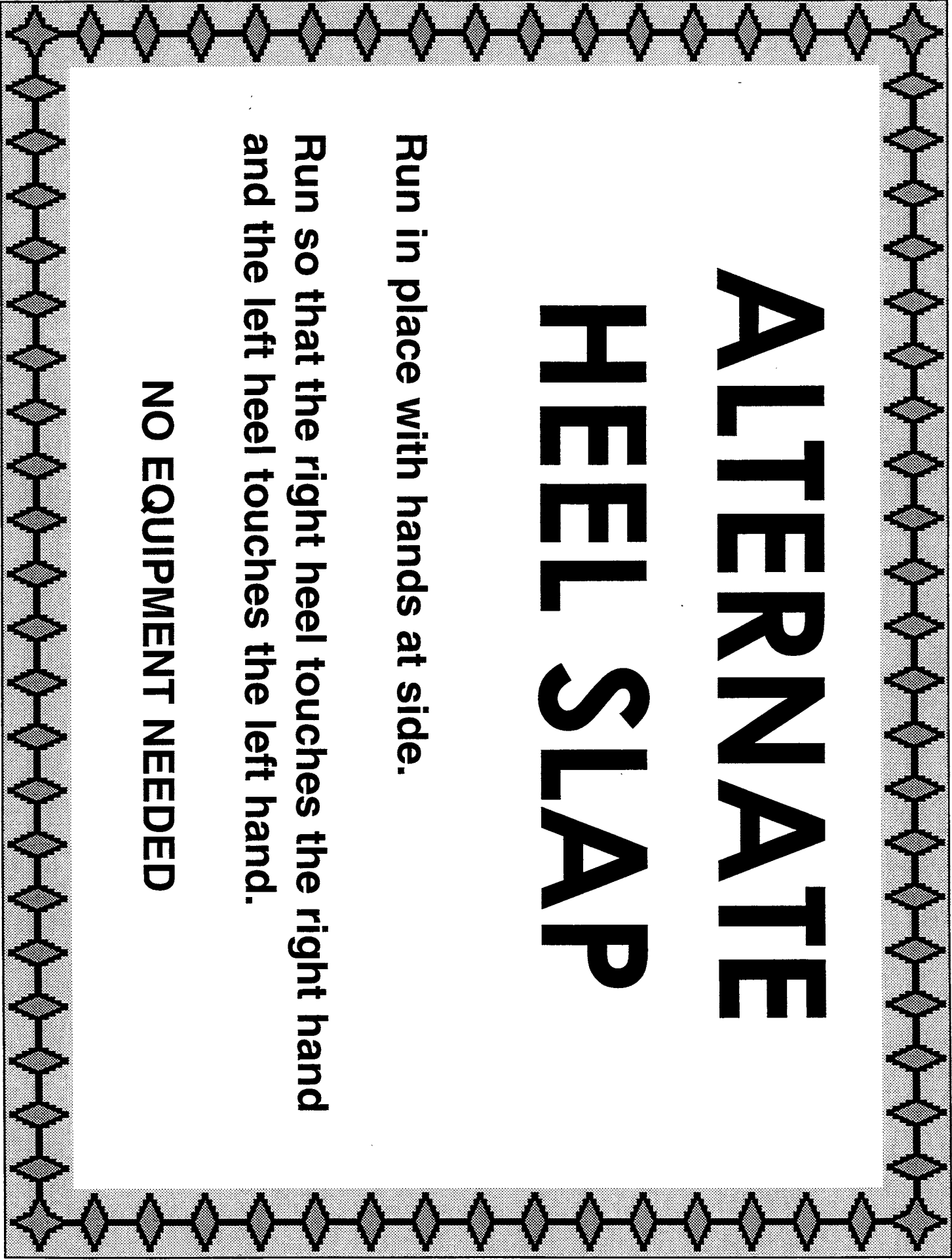
**Place hands on hips or out to the side for balance.**

**Keep back straight.**

**Push off front foot to return to standing position.**

**Alternate front foot each time.**

**NO EQUIPMENT NEEDED**



# **ALTERNATE HEEL SLAP**

**Run in place with hands at side.**

**Run so that the right heel touches the right hand  
and the left heel touches the left hand.**

**NO EQUIPMENT NEEDED**

# **SIDE RUN**

**Start facing forward and slide to the right a few steps.**

**Slide back to the left.**

**Repeat.**

**NO EQUIPMENT NEEDED**



# LINE PUSH-UPS

**Assume a push-up position with legs extended out behind you, hands under shoulders, back parallel to ground.**

**Walk hands back and forth over an imaginary line: right over, left over, right back, left back.**

**Repeat.**

**NO EQUIPMENT NEEDED**

# ABDOMINAL CURLS

Lay down with bent knees and arms crossed on chest or bend arms and touch your ears with elbows out.

Squeeze stomach muscles to lift shoulder blades off the ground. (Keep chin off chest by looking up).

Lower shoulder blades and repeat.

**NO EQUIPMENT NEEDED**



# BEAN BAG CHALLENGE

Toss a bean bag into the air and perform a stunt and catch the bean bag before it hits the ground (sit down, stand up, touch your toes, turn around, bend your knees, and so on).

## EQUIPMENT NEEDED

1 Bean Bag for each person at the station.