

# Playground Escape Zones

MR. KENNEDY - PHYSICAL EDUCATION



3rd - 5th grade students worked to break codes, complete individual challenges, participate in groups exercise, and collaborate with their team to complete the seven 'escape zones' in the shortest possible time. With a focus on Physical Education National Standards, the unit also emphasized social emotional learning competencies including self-awareness, self-management, social awareness, responsible decision-making, and relationship skills.

Challenge	Skills	Time	Student 1	Student 2	Group exercise
1. Crack the code to open the box	Solving puzzles				Run laps
2. Basketball free throws (3)	Basketball				Hopping
3. Cone collection (6)	Speed				Running
4. Cross the lava with 3 poly spots	Agility				Side touches
5. Soccer pin knockdown (3)	Soccer				Squats
6. Underhand target throwing (3)	Throwing				Arm circles
7. Treasure hunt to stop the clock	Finding treasure		ALL STUDENTS	ALL STUDENTS	Run & search



**Zone 1 'Code Break'**  
Two students work to crack the code and open the lock to release the equipment needed to complete each of the zones. Clear heads and logic required!



**Zone 2 'Basketball'**  
Students must make 3 free throws to stop the clock! Classmates exercise while students work to complete the challenge. The quicker the students make the shots, the less the class needs to work. Win-win!

Before the first timed attempt of the Playground Escape Zones, students were given a practice run, asked to reflect on the challenge, and collaborated to select two students to complete

each zone. In this planning phase, students displayed the following competencies:

- Recognizing Strengths
- Analyzing Situations
- Evaluating
- Goal Setting
- Organizational Skills

## I Can Statements

- I can demonstrate competency in a variety of motor skills and movement patterns.
- I can accept, recognize and actively involves others with both higher and lower skill abilities into physical activities and group projects.
- I can describe the social benefits gained from participating in physical activity.



Click to view a time-lapse video of the Zone 1 Code Break!





### Zone 3 'Speed Challenge'

The two nominated students must sprint to collect 6 cones placed at the furthest points around the playground.



[Click to view a time-lapse video of Zone 4](#)

### Zone 4 'Agility'

Students 'cross the lava' by building a path using 3 poly spots. Balance and teamwork are the keys to success in this challenge!

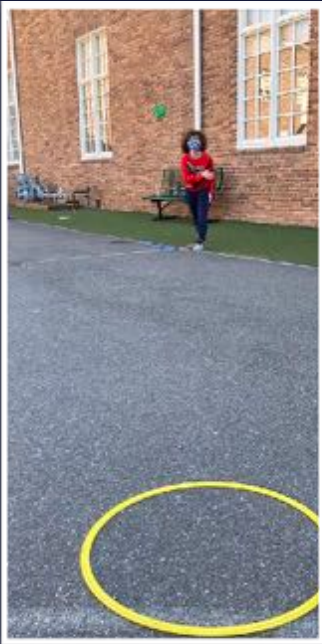
### Zone 5 'Soccer'

This proved to be the hardest challenge for all the cohorts. Students need to knock down 3 pins using correct side foot technique in order to complete the challenge.



In each of the zones, students had 3 minutes to complete the challenge while classmates performed various exercises. This increased physical activity while increasing positivity and morale within the group. Early completion of the challenge not only gave the group a great team score, but also reduced the work load of whole class. When going through the Playground Escape Zones challenges, students displayed the following competencies:

- Identifying Emotions
- Perspective-Taking
- Empathy
- Respect For Others
- Solving Problems
- Stress Management
- Self-Discipline
- Self-Motivation
- Social Engagement
- Teamwork



### Zone 6 'Throwing'

Two students use correct underhand throwing technique to land beanbags in 3 hula hoops.

Following each of the first two attempts, students reflected on their performance, identified areas for improvement, and made adjustments to challenge assignments. Did it make sense to move a student from one zone to

another possibly risking their contributions elsewhere? Competencies displayed in this phase included:

- Increased Self-Efficacy
- Self-Perception
- Evaluating
- Reflecting
- Relationship Building

**T- Together**  
**E- Everyone**  
**A- Achieves**  
**M- More**



[Click to view video](#)

### Zone 7 'Treasure Hunt'

4th graders race for home and 5th graders are 'head over heels' after completing the Escape Zones and finding the treasure!



[Click to view video](#)