

DAY 5

Knights' Obstacle Course

Supplies

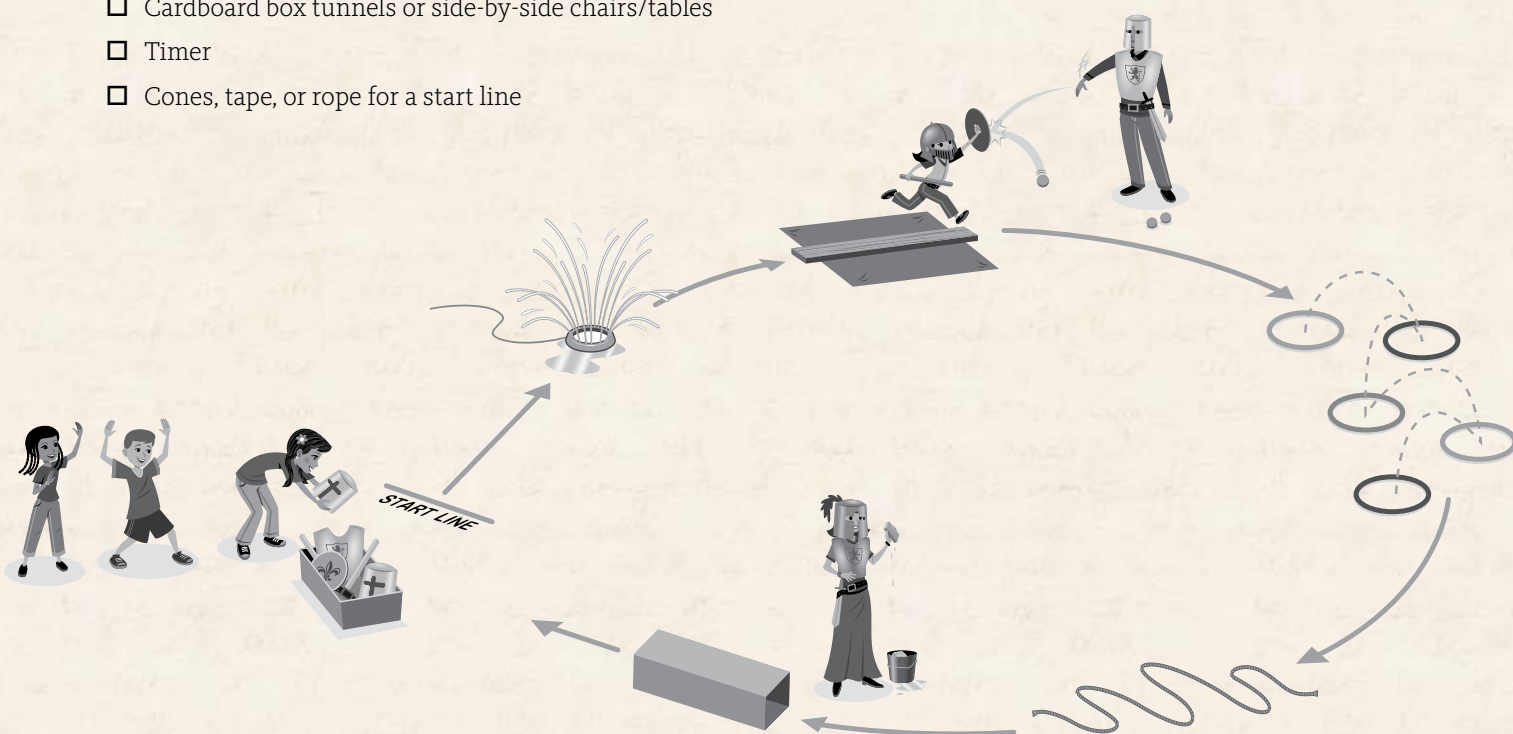
The following is a list of possible supplies. Read through the directions, then choose those you'd like to use.

- 2 or more toy armor sets or DIY armor pieces: hat for helmet of salvation, belt or sash for belt of truth, vest for breastplate of righteousness, pool noodle for sword of the Spirit, cardboard pizza round with duct tape handle for shield of faith
- Optional: laundry baskets or bins for armor sets/pieces
- Sprinkler
- Plank of wood, tape, or chalk for "balance beam"
- Blue tarp or sheet
- Hula hoops
- Small white foam balls or sponge balls
- Rope or hose
- Bucket with dry or wet sponges
- Cardboard box tunnels or side-by-side chairs/tables
- Timer
- Cones, tape, or rope for a start line

Prep

A possible way to set up the supplies is as follows:

- Mark a start line. (You may want to set up one course for a smaller group, or two if you have a large group or you want teams to race each other.)
- Place two sets of armor or armor pieces at the start. You may put them in a laundry basket or bin.
- Set up the sprinkler a distance from the start line for knights to run through.
- Place the blue tarp or sheet down as the moat. Set the plank of wood across it as the "bridge" or use tape or chalk for the bridge knights must stay on.
- Set some foam/sponge balls after the bridge for a leader to throw at the knights to block with their shields.
- Place 4-5 hoops in a staggered pattern on the ground for knights to hop from one to the next.



- Put a rope or hose on the ground in a twisted (or straight) track. The knights must walk through the track with one foot on each side of the path. For older kids, have them do this walking backward.
- Set the bucket with dry or wet sponges after the rope. An “enemy” knight (leader) will throw a sponge for each knight to block with their sword.
- Set up a cardboard box tunnel or several chairs side-by-side that knights must crawl through.

Teaching Tie-in

Well met, all you young knights and fair maidens! Knights must go through physical challenges and obstacles to be prepared for battle. They need to practice with their armor on as well. Our Knights’ Obstacle Course will help with that practice. Because some enemy knights are lurking on the course, you’ll put on the armor before you run. Let’s take a look at the armor pieces you’ll be wearing. Show each piece of armor at the start of the course and have everyone say the names: belt of truth, breastplate of righteousness, shield of faith, helmet of salvation, shoes of peace (point to your shoes), sword of the Spirit.

Class Time Directions

1. Choose two leaders to be the “enemy” knights along the course who will throw the balls and sponges at the children. Place them next to the items they’ll throw.
2. Explain that they must put on the armor before starting the course. Demonstrate putting the pieces on.

They will use the sword and shield to defend themselves along the way. Once the first knight starts running, the second one in line may put on the armor pieces so they’re ready when the first knight finishes the course.

3. Physically run through the course as you are explaining so they can see the order and what they must do at each obstacle.
4. At the go signal, start the timer. The first kids on each team (if there are teams) put on the armor, then race through the obstacle course and return to the start to tag the next child in line, who should have the other set of armor on and be ready to run. The first runners will remove their armor so the next person in line can put it on and be ready to run next. Continue until everyone has gone at least once. The first team to complete the course wins. If playing with one course, you may time children individually or time the whole group, then see if they can beat their individual or group time.

Tip Corner

- The possibilities are endless for making your Knights’ Obstacle Course. Have fun thinking of other obstacles or go with it as written.
- Make sure the leaders throwing balls/sponges know that the goal is not to hit the kids but to enable them to block the objects.
- Make sure you don’t choose any objects that could be harmful if someone fell on them.