

Activity Guide

PA Pathways



Overview

- FlagHouse and Project Adventure have partnered up to create this unique and exciting cooperative challenge activity. We're confident that your participants will have a blast with this exciting game!
- Take a step in the right direction! PA Pathways is a team activity focusing on how well a team learns from their successes and failures as each future move is based on what has been done in the past. Participants must cross a maze made up of squares - but there's only one correct pathway to follow from start to finish! Multiple variations allow you to adjust the challenges for different levels and abilities. Includes bright 108" x 90" vinyl mat with a grid of 30 blocks (each 18" x 18") and 30 numbered neoprene 4" spots.

What Are the Educational Applications?

- This activity is a small group challenge that fosters teamwork and group thinking.
- To solve the PA Pathways problems, the group must combine their thinking skills with the knowledge of what they have learned from past experiences. Teams must work together, think together and move together.
- The post activity debriefing is an important part of the learning process.

How Can I Use This Product With My Students?

- **Where:** On a safe flat area using the PA Pathways Mat.
- **Age:** Students in Grades 4 through 10.
- **Group Size:** A group of 4 to 8 participants makes up the best team.
- **Basic Skills Needed:** Teamwork, cooperative skills, balance, problem solving, team movements.

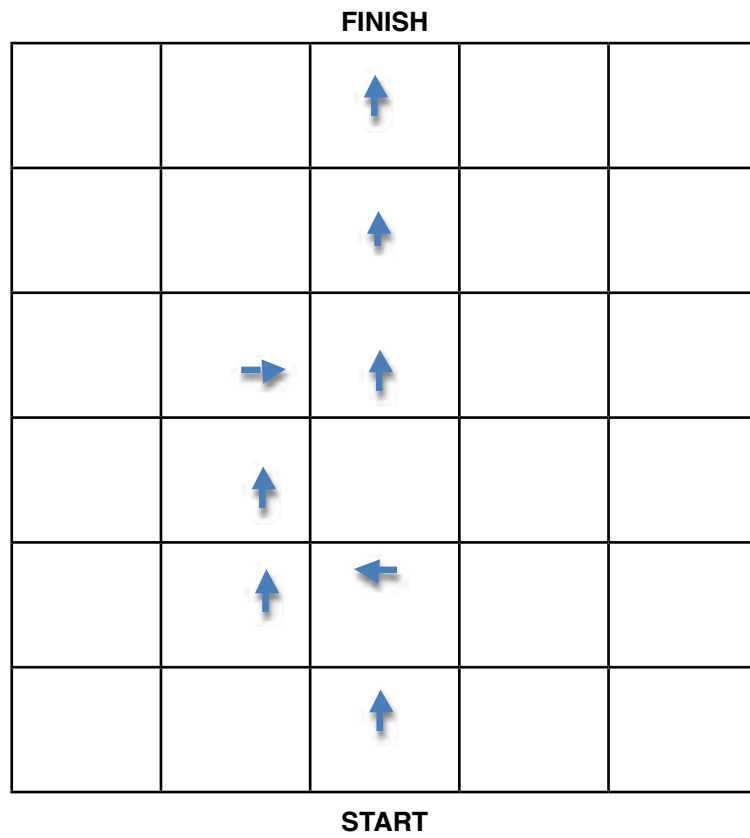
Set Up/Instructions: Use the diagram that accompanies the equipment for setting up the Pathways Mat. The narrative is very important to setting the scene and the challenge. Rules of travel must be followed.

The Games/Activities

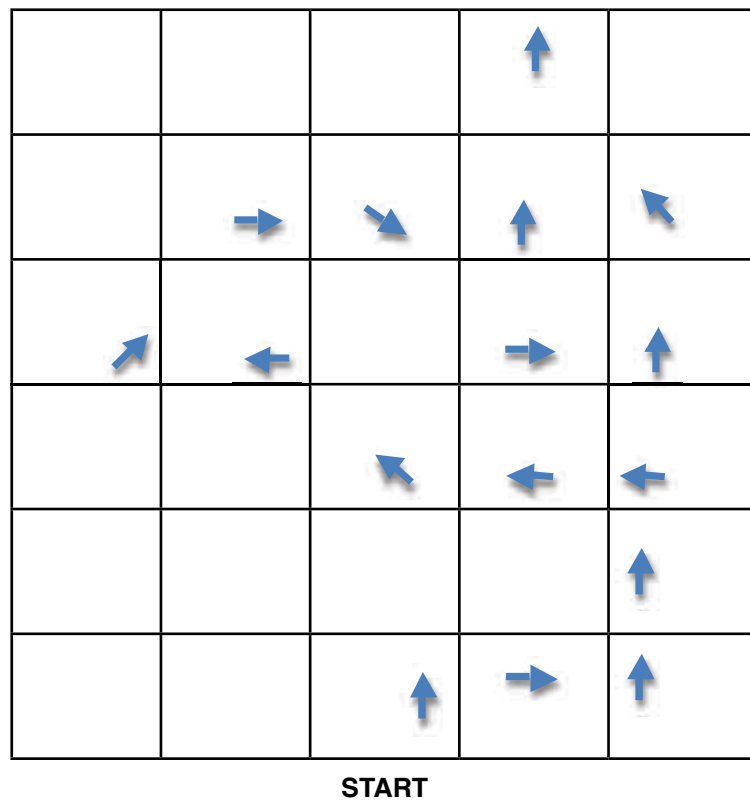
Activity #1: Team Pathways

- a. **Objective:** The objective of this trial and error task is to have the whole team move from the starting spot to the final ending spot on the other side of the Pathways Mat.
- b. **NASPE Standards:** 1, 2, 3, 4, 5, 6
- c. **How to Play:**
 - Set up the PA Pathways Mat on a flat safe surface.
 - Determine a "Pathway Judge" who will create a "Pathway Map" for each new game. This map traces the places the team can step moving forward, sideways, backwards and on diagonals. The teacher can also come up with pre-determined "maps" for the Judge to choose from.
 - The team will start on one side and step on one square at a time. If the square is the correct square, the Judge will not signal an incorrect square, and that person proceeds and chooses another square.
 - If the square is incorrect the Pathway Judge will indicate this with a pre-determined signal (blow a horn, shake a rattle, ring a bell, clap hands).
 - This process continues until the player makes a step in the wrong square. That person goes to the end of the team line and the next person, remembering the previous steps, follows the pattern until they get to the point of selecting a new step. If correct they continue, if wrong they go to the end of the line and the next person begins.
 - Remembering and following is a key part of solving the PA Pathways.
 - The Pathway Judge should stand on the ending side holding a map of the correct Pathway.

Pathways Mat Map example



Several Pathways Mat map challenges.



Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



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