

# HAUNTED PE

**Name: Haunted PE** (idea obtained through <http://www.pecentral.org>)

**Purpose:** To practice manipulative skills, balancing skills, and fitness skills with a Halloween theme.

**Grade Level: K-5 Materials needed: Halloween music, equipment for different activity**

## Halloween Obstacle Course

The following is a Halloween obstacle course I set up each year. I set up a screen (parachutes hanging over volleyball nets) which forms the "waiting area". Students enter the dark gym & sit in the waiting area. Halloween music is played. Students proceed throughout the obstacle course spaced out by the instructor. I do this activity throughout the entire week.

### Bat Cave

Two tables set up end to end with a sheet covering the top and sides. Paper bats are hung up on the underside of the table. Place a strobe light in the cave for effect.

### Hockey Ghoul

Hockey goal set up. Student gets to take a few shots using a hockey stick & rolling puck. Distances vary depending on age.

### Pumpkin Toss

Students throw whiffle balls at wall of Pumpkin faced paper plates. Depending on the plate's location, different points are earned for hitting a plate.

### Halloween Hop

Two Hop scotch mats end to end. Students do the hop scotch through the area.

### Walk The Plank

Balance Beam area. Students walk across the beam in 3 different ways. They can choose the different ways. (Forward, sideways, backwards, etc.)

### Ghost Throw

Whiffle balls with plastic ghost bags secured around it. Students make an underhand toss to a box target.

### **Pumpkin Patch**

Students walk through an area with bowling pins set up. The pins have pumpkin pictures on them. Students must try to make it through without knocking down any pins.

### **Monster Roll**

Inclined tumbling mat. Students do a forward roll down the mat.

### **Rattle The Bones**

Place up a large skeleton. Students get three throws using a beanbag. Younger students do an underhand toss trying to hit "Fred" (skeleton). Have the older students try to hit different bones (femur, skull, radius, etc..)

### **Fitness Graveyard**

Place a flat tumbling mat down. Students must do either 10 push ups or 20crunches.

### **Spider Web Tunnel**

Use two hockey/soccer goals with a soccer net hanging over the tops. Put spider webs & plastic spiders throughout the tunnel. Students must lay flat on a scooter & ride through the tunnel without touching the sides.

Upon completing the obstacle course, students receive either candy or another treat.