

# CHALLENGE COURSE ACTIVITY

## CHALLENGE COURSE ACTIVITY: JUNGLE RESCUE



### CHALLENGE COURSE ACTIVITY 4



**MATERIALS NEEDED:**  
Complete Challenge Course Set



**PRIOR TO THE ACTIVITY:**

Set up a series of “toxic tangled vines” across the length of your Traverse Wall. The tangled vines can be circular in shape and created by plugging both ends of a long noodle into separate holes on the same large hold. Vines can also be starburst in design by plugging just one end of short and medium noodles into large holds. Leave an empty hole at the top of some of the large holds for placing five activity balls (a.k.a. “tree snails”). Position the “tangled vines” so that they are strategically located to offer safe challenges over the expanse of the Traverse Wall.



**THE ACTIVITY:**

The goal of this activity is for participants to save the “tree snails” (activity balls) from the “toxic tangled vines.” They must traverse the wall while carefully removing each of the snails. The challenge is that the vines are “toxic” so no part of the climber’s body can touch a noodle. They must climb carefully around each vine and remove any snails, without touching any vines. After snails are removed, they can be tossed onto mats for the instructor to place back on the Traverse Wall for the new rescuer. If a climber accidentally touches a toxic vine, he/she must return to the end of the line and start the challenge over again.



**VARIATION:**

Randomly place a variety of plastic rainforest animals/insects on hand holds across the length of the Traverse Wall to offer additional creatures to save from the toxic vines.



**AFTER THE ACTIVITY:**

Process the activity using some of the following stem sentences:

- Prior to this activity, I thought that...
- My favorite part of this activity was...
- The most challenging aspect of this activity was...
- If I could change one part of this activity, I would change...
- Some words of advice that I would give to students who have never climbed this course before would be...



**SKILLS DEVELOPED:**

This activity is designed to develop the following skills: flexibility, agility, muscular endurance, creative problem solving, positive risk-taking, patience, perseverance and hand-eye coordination.