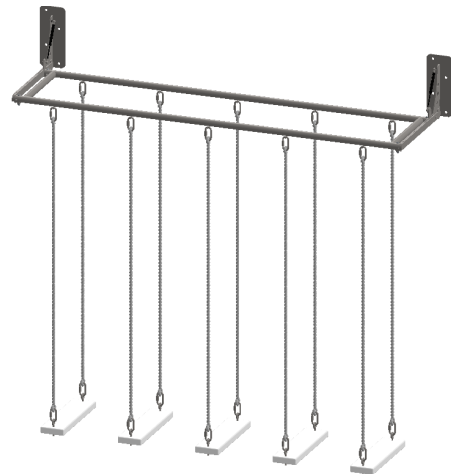
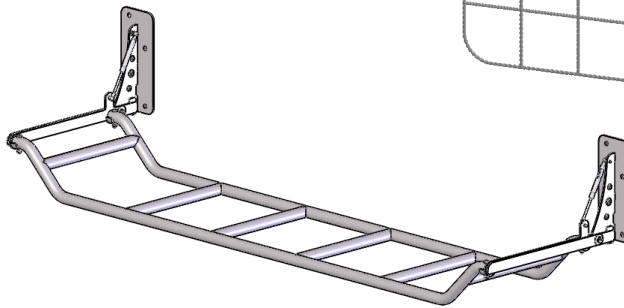
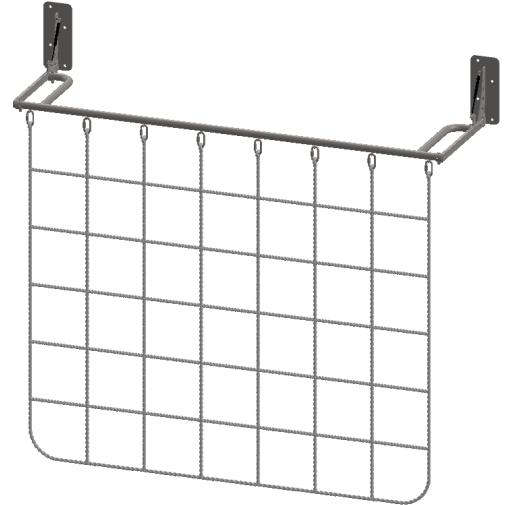




SAFARI® JUNGLE GYM INSTALLATION INSTRUCTIONS



EVERLAST CLIMBING™

A PLAYCORE® Company

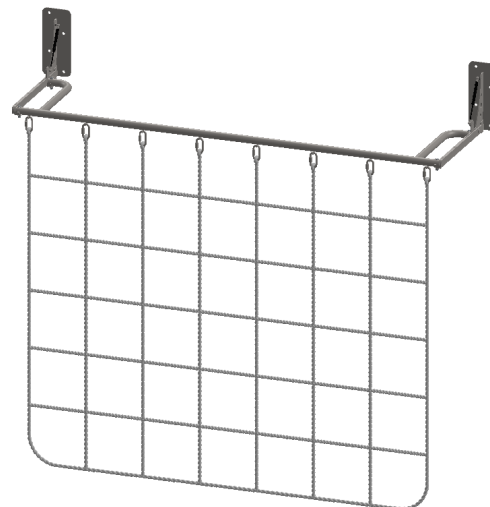
WILD WEB™ INSTALLATION INSTRUCTIONS

Materials Included:

- Mounting Brackets
- Sleeve Anchors with Bolts
- Wild Web™ Cargo Net and Bar
- 8 Quicklinks
- Hardware to attach Wild Web Bar

Tools Needed:

- Drill
- ½" Hammer Drill Bit
- ½" Socket Wrench
- Level



Equipment Needed:

- Lift or Ladder

Installation Instructions:

This is easier as a two person assembly. Please read all instructions thoroughly before starting to install.

1. While on a ladder or a lift, measure 8-8.5' up from the ground. Place the bottom of the template at the 8-8.5' mark and tape the template to the wall.
2. Using a ½" hammer drill bit, drill out one of the mounting holes.
3. Insert one of the ½" sleeve anchors provided to use as a pivot point. DO NOT BOLT DOWN YET. Move to the other side of the template. Use the level to ensure that the template is level. Using a ½" hammer drill bit, drill out one of the mounting holes and insert one of the ½" sleeve anchors. DO NOT BOLT DOWN.
4. Now that the template is temporarily secured in place, drill out the remaining mounting holes on both sides of the template. Then remove the anchors that were holding the template in place and the template.
5. Hold the Safari bracket in place over the holes and secure with the bolts. Insert each of the ½" sleeve anchors and tighten them down using a socket wrench or fixed wrench one at a time. Tighten them until snug – do not over tighten. If sleeve anchor starts to spin, pull out on the bolt head to “set” the cone in the sleeve.
6. Place the Wild Web Bar in the brackets while they are in the upright position. Using the bar as leverage, pull the brackets to the down position. Secure the bar in place using the provided hardware.
7. Assemble the Wild Web by attaching the cargo net to the frame using the Quicklinks.

Congratulations! Your Wild Web is installed.

MONKEY BARS INSTALLATION INSTRUCTIONS

Materials Included:

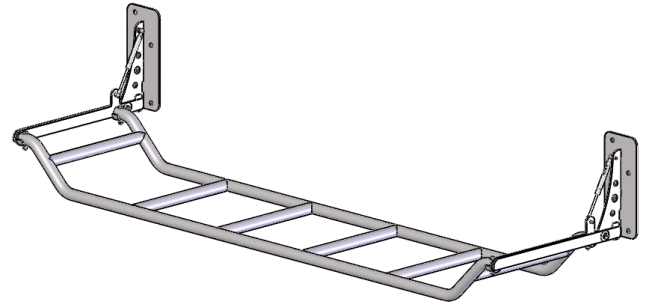
- Mounting Brackets
- Sleeve Anchors
- Monkey Bars

Equipment Needed:

- Lift or Ladder

Tools Needed:

- Drill
- ½" Hammer Drill Bit
- ½" Socket Wrench



Installation Instructions:

Please read all instructions thoroughly before starting to install.

1. Place Monkey Bars element on a lift in the down position. Raise the lift to achieve the desired height for Monkey Bars. Position lift so mounting brackets can be pushed flat against the wall. The bottom of the brackets must be 8-8.5' off the floor.
2. Hold the element firmly in place and using a ½" hammer drill bit, drill through the top left mounting holes on each of the brackets.
3. Insert two of the ½" sleeve anchors provided. Tighten them down using a socket wrench or fixed wrench. Tighten them until snug – do not over tighten. If sleeve anchor starts to spin, pull out on the bolt head to “set” the cone in the sleeve.
4. Drill holes in the rest of the mounting bracket holes. Insert sleeve anchors in the remaining holes and tighten.
5. Congratulations! Your Monkey Bars are installed.

SWING STEPPERS™ INSTALLATION INSTRUCTIONS

Materials Included:

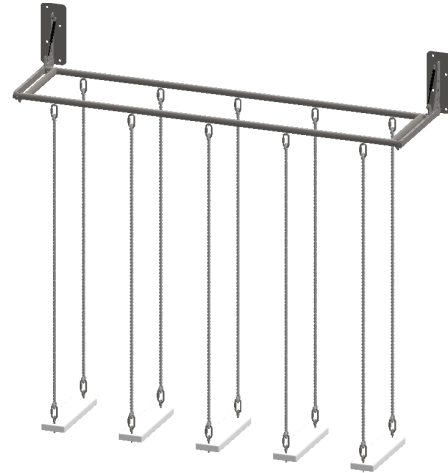
- Mounting Brackets
- Sleeve Anchors
- Swing Steppers™ Swinging Steps
- 10 Quicklinks

Equipment Needed:

- Lift or Ladder

Tools Needed:

- Drill
- ½" Hammer Drill Bit
- ½" Socket Wrench



Installation Instructions:

Please read all instructions thoroughly before starting to install.

1. Place Swing Steppers element on a lift in the down position. Raise the lift to the desired mounting height. Position lift so that mounting brackets can be pushed flat against the wall. The bottom of the brackets must be 8-8.5' off the floor.
2. Hold the element firmly in place and using a ½" hammer drill bit, drill through the top left mounting holes on each of the brackets.
3. Insert two of the ½" sleeve anchors provided. Tighten them down using a socket wrench or fixed wrench. Tighten them until snug – do not over tighten. If sleeve anchor starts to spin, pull out on the bolt head to “set” the cone in the sleeve.
4. Drill holes in the rest of the mounting bracket holes. Insert sleeve anchors in the remaining holes and tighten.
5. Assemble the Swing Steppers by attaching the ropes to the frame using the Quicklinks.
6. Congratulations! Your Swing Steppers is installed.

PLANK WALK™ INSTALLATION INSTRUCTIONS

Materials Included:

- Mounting Brackets
- Sleeve Anchors
- Plant Walk™ Plank and Hanging Guide Ropes
- 10 Quicklinks

Equipment Needed:

- Lift or Ladder

Tools Needed:

- Drill
- ½" Hammer Drill Bit
- ½" Socket Wrench



Installation Instructions:

Please read all instructions thoroughly before starting to install.

1. Place Plank Walk element on a lift in the down position. Raise the lift to the desired mounting height. Position lift so that mounting brackets can be pushed flat against the wall. The bottom of the brackets must be 8-8.5' off the floor.
2. Hold the element firmly in place and using a ½" hammer drill bit, drill through the top left mounting holes on each of the brackets.
3. Insert two of the ½" sleeve anchors provided. Tighten them down using a socket wrench or fixed wrench. Tighten them until snug – do not over tighten. If sleeve anchor starts to spin, pull out on the bolt head to “set” the cone in the sleeve.
4. Drill holes in the rest of the mounting bracket holes. Insert sleeve anchors in the remaining holes and tighten.
5. Assemble the Plank Walk by attaching the ropes to the frame using the Quicklinks.
6. Congratulations! Your Plank Walk is installed.

CIRCLE STEPPERS™ ASSEMBLY AND INSTALLATION INSTRUCTIONS

Materials Included:

- Mounting Brackets
- Sleeve Anchors
- Circle Steppers™ Hanging Discs
- 5 Quicklinks
- Washers
- Locking Washers
- Button Head Bolts

Equipment Needed:

- Lift or Ladder

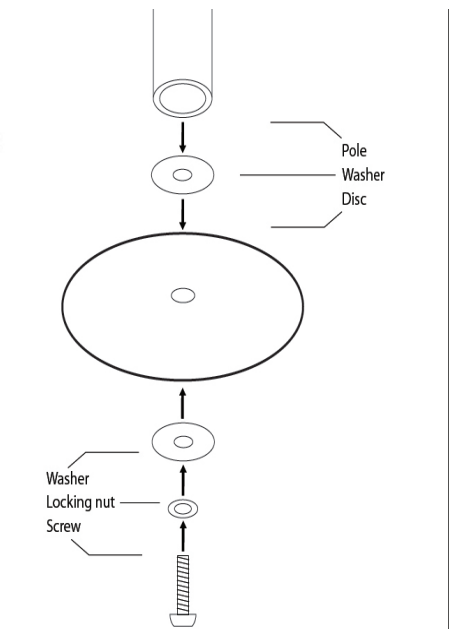
Tools Needed:

- Drill
- ½" Hammer Drill Bit
- ½" Socket Wrench

Installation Instructions:

Please read all instructions thoroughly before starting to install.

1. Assemble hangine element by attaching discs to bases of poles (see diagram).
2. Place Circle Steppers element on a lift in the down position. Raise the lift to the desired mounting height. Position lift so that mounting brackets can be pushed flat against the wall. The bottom of the brackets must be 8-8.5' off the floor.
3. Hold the element firmly in place and using a ½" hammer drill bit, drill through the top left mounting holes on each of the brackets.
4. Insert two of the ½" sleeve anchors provided. Tighten them down using a socket wrench or fixed wrench. Tighten them until snug – do not over tighten. If sleeve anchor starts to spin, pull out on the bolt head to “set” the cone in the sleeve.



CIRCLE STEPPERS™ ASSEMBLY AND INSTALLATION INSTRUCTIONS

Installation Instructions Cont.:

5. Drill holes in the rest of the mounting bracket holes. Insert sleeve anchors in the remaining holes and tighten.
6. Assemble the Circle Steppers by hooking the assembled poles to the loops on the frame.
7. Congratulations! Your Circle Steppers are installed.

EVERLAST CLIMBING INDUSTRIES, INC.

INSTALLATION INSTRUCTIONS: DIRECT MOUNT MAT LOCK™ SYSTEM



Materials Included:

Mats
Direct Mount Mat Lock™ Holds
3/16" x 2-3/4" TapCon Screws
Hollow-Set Drop-In Anchors
3/8" Flat Head Cap Screws
Security Wrench
Allen Wrench

Tools:

Drill - variable speed
#2 Phillips Head Bit
Marker/Pencil
5/32" Hammer Drill Bit
5/8" Hammer Drill Bit
Hammer Drill

INSTALLATION INSTRUCTIONS:

(Please read all instructions thoroughly before starting to install)

1. Lay the mats on the floor, below the area where the Mat Locks™ will be installed, with the grommet straps closest to the wall.
2. Hold each mat tab up to the wall and, using the marker, mark the concrete through the first grommet. Use the grommet hole that allows you to have the shortest tab length, but allow a small amount of flexibility in the straps. Slide the mats away from the wall when finished marking each hole to be drilled. **(A)**
3. Using the 5/8" Hammer Drill Bit, drill holes for each of the grommet marks. **(B)**
4. Push the Hollow-Set Drop-In Anchors into the holes drilled in Step #3. If you wish, turn a 3/8" bolt into the Hollow-Set Drop-In Anchor to help set it in place firmly. **(C)**
5. After cleaning up the concrete dust, attach the mats to the wall using the bolts and Allen Wrench provided. **(D)**
6. Stand the first mat up against the wall.
7. Place the nylon loop into a Mat Lock™ Hold while holding the Mat Lock™ against the wall. Position the Mat Lock™ on the wall where the nylon loops is taught, but not too tight. **(E)** The bottom of the mat should rest on the floor. Trace the Mat Lock™ with a pencil, marking each of the mounting holes on the wall. **(F)**
8. Lay the mat back down, and hold the Mat Lock™ in its marked position. Using the 5/32" Hammer Drill Bit, drill a pilot hole for each of the top mounting holes. Be sure that the pilot hole is at least 2 3/4" deep in the concrete or block. **(G)**



WARNING

THE PROPER CARE AND ONGOING MAINTENANCE OF YOUR CLIMBING WALL IS ESSENTIAL AND IS YOUR RESPONSIBILITY. PLEASE REFER TO THE SAFETY, CARE AND MAINTENANCE INSTRUCTIONS.

EVERLAST CLIMBING INDUSTRIES, INC.

INSTALLATION INSTRUCTIONS: DIRECT MOUNT MAT LOCK™ SYSTEM



9. Using the #2 Phillips Head Bit, drive the TapCons into the holes drilled in Step #8. Caution: Over tightening the TapCons can cause them to break and/or crack the Mat Lock™.

10. Remove the red slider. Drill and drive the remaining mounting holes. **(H)**

11. Repeat Steps #7 through #9 for the rest of the mats. When two nylon loops are next to each other, pass one loop through the other and use only one loop to position the Mat Lock™ on the wall. **(I)**

12. When all of the Mat Locks™ are installed on the wall, hang all of the mats on the Mat Locks™ and install the red sliders, using the bolts and security wrench provided. **(J)** Tighten the bolts gently; it is not necessary to over tighten. **(K)**

Tips & Tricks:

- To prevent concrete dust from getting on the mats in Steps #7 through #9, hold a ShopVac nozzle under the Mat Lock™ while drilling. You can also cover the mats with a drop cloth to catch the dust.

- If you are having trouble driving the TapCons into the concrete, make sure that your drill bit is the proper size. Also make sure that your drill is the proper size. Also make sure that your drill is set to a low speed, high torque setting. If the drill is spinning too fast it can strip out the heads of the TapCons.

Note:

You may have the round version of the Mat Lock pictured here. The installation steps are the same, but please note the orientation of the round Mat Lock while installing your own system.



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EVERLAST CLIMBING INDUSTRIES, INC.

INSTALLATION INSTRUCTIONS: DIRECT MOUNT MAT LOCK™ SYSTEM



A



B



C



D



E



F



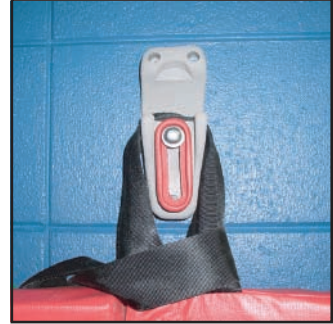
G



H



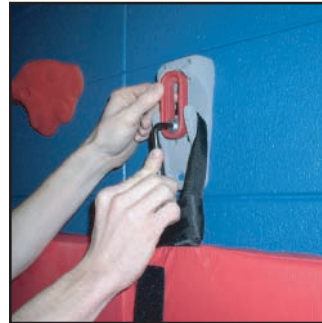
I



J



K



WARNING

THE PROPER CARE AND ONGOING MAINTENANCE OF YOUR CLIMBING WALL IS ESSENTIAL AND IS YOUR RESPONSIBILITY. PLEASE REFER TO THE SAFETY, CARE AND MAINTENANCE INSTRUCTIONS.

ACTIVITY ONE: FIVE CHALLENGES



Five specific “challenges” help familiarize children with climbing the Wild Web.

MATERIALS NEEDED

Safari™ Wild Web with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Ask children to complete these five challenges:

1. The Traverse--Start with your feet on the first row of rope all the way on the left side of the Web. Climb to the right all the way to the end of the right side. Now climb back to the far left side. Step down.
2. The Higher Traverse--Repeat #1, but start higher--on the second or third row of rope (but no higher).
3. Arm Hang-- Climb up so that your hands are on the top row of rope. Hang for a count of five. Climb down.
4. Four Corners—Climb from the left bottom corner, across at a diagonal to the top right corner. Then climb back down the way you came, diagonally. Now try the opposite (from right corner to top left corner). Note: Children’s feet should go no higher than the third row. Their hands will be touching the top corners, NOT their feet.
5. Up, Over, Down—Starting on the first row of the left side, climb up two rows so that your feet are on the third row. Then climb one step to your right, and down two steps so that you are on the first row. Then take one step to your right so that you are on the third “column” of ropes. Repeat the pattern of up two, over one, down two, over one, up two, over one, down two, etc.

ACTIVITY TWO: WEB SHAPES



Children are asked to climb up, down and across in a specific way.

MATERIALS NEEDED

Safari™ Wild Web with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Ask children to make specific shapes by climbing in the necessary directions. They should pretend that they have hands and feet made of paint that leave a trail wherever they place them. The ages and ability levels of your class will help determine appropriate shapes. Some options include:

- Square
- Rectangle
- Triangle
- Rhombus
- The upper case letters H, X and T
- The numbers 0, 1 and 4

Encourage children to make the largest shapes possible so that they use the majority of the web, but their feet should go no higher than the third row. They should “retrace” their steps in certain instances. They should use their hands to make the upper parts of certain shapes.

MODIFICATIONS/VARIATIONS

- Place images of each shape on the wall near the Wild Web as visual cues, if needed.
- Increase or decrease the complexity of geometric shapes, as needed.

ACTIVITY THREE: MYSTERY WEB WORDS



In this activity, children guess words spelled out by a Web climber.

MATERIALS NEEDED

None

ADVANCE PREPARATION

- It is recommended that children experience Activity Two prior to this activity.
- Have children think of words that they can spell with their bodies.

ACTIVITY

Choose a volunteer to spell a word with his/her body by climbing, similar to what was done in Activity Two. While they are climbing have a group of children watch and try to “read” the words in their heads as the climber climbs. When the climb is over, the climber should call on children to see if anyone could read his/her word. Choose a new climber and repeat the activity.

MODIFICATIONS/VARIATIONS

- Coordinate with the classroom teacher to have children incorporate their spelling words.

ACTIVITY FOUR: WEB HARVEST



Spiders climb to eat all the bugs that have gotten trapped in their web.

MATERIALS NEEDED

- Safari™ Wild Web with safety mats in place
- 10 juggling scarves

ADVANCE PREPARATION

Loosely place juggling scarves (“bugs”) in various locations, high and low across the Wild Web. Do not tie the scarves; simply drape them across the rope.

ACTIVITY

Children are challenged to quickly clear the web of “bugs.” They must climb to a scarf, take it off the web, pretend to eat it and then drop it to the mat before moving to another scarf. They continue in this fashion until all bugs are gone.

MODIFICATIONS/VARIATIONS

- Use a stopwatch to time the activity and challenge children to eat all the bugs within an allotted time or to eat them more quickly on subsequent attempts.
- After children drop a “bug,” have them climb down to the mats and then start from there to get another bug--always starting from the mat before getting another bug.
- Assign points to certain color scarves (“types of bugs”) and have children add up the points they get.

ACTIVITY FIVE: FIT WEB



The Wild Web can be used to perform a variety of exercises that build core strength.

MATERIALS NEEDED

Safari™ Wild Web with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Have children perform these exercises:

1. **Hanging Pull Up**—Start sitting on the mat, facing the Web, with your feet against the Web, pushing it against the wall. Now reach up and grab the web with both hands. Pull yourself up, while keeping your feet against the wall and your legs and body straight. See how many pull ups you can do in this position. Be sure to engage your core muscles.
2. **Hanging Crawl Down**—Start on the other side of the Wild Web with your back against the wall and the Web in front of you. With your heels planted against the wall and your arms holding onto the Web, slowly start to walk your hands down the Web to the floor. Keep your heels against the wall and your legs and body straight. Be sure to engage your core muscles. After you crawl down, try to crawl back up the Web.
3. **Horizontal Leg-Over**—Lie on your back on the mat with your right foot inserted into one of the “squares” on the bottom row of the Wild Web. Bend your left leg and place your left foot flat on the mat while you push up onto your right arm, with your torso facing the ceiling. Bend your left arm and gently rest your hand behind your head. With controlled movement, hop over your right leg with your left leg and then back again. Repeat 5 times. Switch sides so that your right leg hops over your left leg.

ACTIVITY ONE: TRADITIONAL MONKEY



This activity asks children to use Monkey Bars in a traditional fashion, as commonly seen on the playground. It's a physical challenge, and it can also be a social/emotional challenge for children with a fear of heights or fear of failure. With practice, success can be found and it's very rewarding for children to make it across all the bars!

MATERIALS NEEDED

Safari™ Monkey Bars with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

- Grab onto the first rung with both hands, shoulder-width apart, and let feet go from the step.
- While keeping forward momentum, reach for the second rung with one hand. Once there, bring the other hand to the second rung and move the first hand onto the third rung.
- Continue in this fashion until the last rung is achieved.

NOTE: The more momentum you have, the easier it will be to swing from rung to rung because you are using the force of your whole body and not just your arms. Swing the bottom half of your body, especially your hips, towards the direction you want to go.

MODIFICATIONS/VARIATIONS

- Instead of moving across the monkey bars, simply hang from both hands. Maintain a relaxed, limp body. See how long you can hang.
- For a more advanced technique, put one hand onto the next available rung instead of placing both hands on the same rung before moving on.
- For an advanced challenge, travel across the monkey bars using every other rung.

ACTIVITY TWO: JUMPING MONKEY



In this activity, children are asked to jump their way across the mats under the Monkey Bars. As they jump, they try to touch as many of the hanging scarves as they can. Younger children can pretend they are picking bananas!

MATERIALS NEEDED

- Safari™ Monkey Bars with safety mats in place
- 10-12 juggling scarves

ADVANCE PREPARATION

Tie juggling scarves in various locations on all rungs so that they are hanging down at varying lengths. Keeping in mind the heights and ability levels of participants will help you determine appropriate scarf lengths.

ACTIVITY

Beginning at the first rung, have children jump up and touch a hanging scarf. Challenge them to jump as high as they can. Once a scarf is touched, they should hop to the next rung and jump to touch a scarf. They can take as many jumps as needed until a scarf is touched. Continue in this fashion until a scarf on the last rung is touched.

MODIFICATIONS/VARIATIONS

- Instead of jumping to touch scarves, have children toss a beanbag and try to hit one scarf on each rung.
- For an advanced challenge for taller children, remove scarves and have children jump up and grab the first rung with both hands and hang for a count of five. Then, with control, drop, step forward and repeat for the rest of the rungs.

ACTIVITY THREE: MUSCLE MONKEY



This activity utilizes Monkey Bars for building core and upper body strength. For all exercises, children begin in a hanging position on the first and second rungs, facing out into the gym/activity room, with palms facing toward each other.

KNEES TO ELBOWS

Start in a hanging position with palms facing toward each other and your knees bent and feet behind you. Use your core muscles to pull your knees up to your elbows, or as high as you can get them. This exercise works the core and upper body. Repeat 5 times, if possible.

PULL-UPS

Start in a hanging position with palms facing toward each other and your knees bent and feet behind you. Pull yourself up so that your chin is above the rungs, or as high as you can. Do not swing. This exercise works your biceps and back muscles. Repeat 5 times, if possible to do so with control and proper form.

TWISTED LEG LIFT

Start in a hanging position with palms facing toward each other and your legs straight. Bend your torso to the right and raise your legs as high as you can while squeezing your side body muscles. Slowly lower your legs and repeat on the opposite side. This exercise works oblique muscles. Perform 5 times for each side, if possible.

MODIFICATIONS/VARIATIONS

- Depending on each child's ability level, an adult spotter may need to assist and support the child during exercises.

ACTIVITY FOUR: ONE-ARM MONKEY CHALLENGE



In this partner activity, children encourage each other to hang with one arm for as long as possible. First from the left arm and then from the right arm.

MATERIALS NEEDED

Safari™ Monkey Bars with safety mats in place

Stopwatch

ADVANCE PREPARATION

Predetermine partnerships by pairing children of similar physical ability levels.

ACTIVITY

First, explain the challenge. Then have partners predict how long they can hang from their left arm and then how long they can hang from their right arm. Let them know that they should go back to a two-arm hang when they get too tired of one-arm hanging. Next, have children hang from two arms, at opposite ends of the Monkey Bars, facing each other. Have children let go with their right arm and begin timing. Stop timing when someone has to hold on with the other arm. Partners should encourage each other to hang for as long as they can. Provide a rest and then switch to the other arm and time. Discuss how they did compared to their predictions. Have them work to improve times.

MODIFICATIONS/VARIATIONS

- If a one-arm hang is too challenging, have children do a two-arm hang.
- For a silly and competitive twist, ask children to try not to smile or laugh. While hanging and watching each other hang, the first person to smile or laugh is "out" and the other person "wins."

ACTIVITY FIVE: MONKEY BALL



In this activity, children are challenged to push a ball down the Monkey Bars as they make their own way to the end.

MATERIALS NEEDED

- Safari™ Monkey Bars with safety mats in place
- Kickball or similar light-weight ball

ADVANCE PREPARATION

Place kickball in front of the second rung of the Monkey Bars.

ACTIVITY

Challenge children to travel across the Monkey Bars as described in Activity One, while also hitting or pushing the ball to the end of the bars. All the while, children should remain on the Monkey Bars and in control of their movements.

MODIFICATIONS/VARIATIONS

- For less challenge, place several bean bags on top of the Monkey Bars and ask children to knock them off as they make their way across.
- Instead of pushing the ball along, place the ball between the child's feet and challenge him/her to finish without dropping the ball!
- For an advance challenge, place a heavier ball on top of the Monkey Bars.

ACTIVITY ONE: **SWINGIN' STEPS**



Children are challenged to walk the length of the Swing Steppers, and then back again.

MATERIALS NEEDED

Safari™ Swing Steppers with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Starting at one end, walk across all of the swings. Use the ropes to help maintain balance. Once the last Swing Stepper is reached, pivot and return to the start.

MODIFICATIONS/VARIATIONS

- To simplify the challenge, have children simply stand on the first Swing Stepper, holding the ropes for balance, without walking.
- Use a stopwatch and time how quickly children can walk down and back, all while keeping safety in mind. Work towards faster times.
- Walk backwards. For safety, be sure there's an adult spotter.
- Walk blindfolded! For safety, be sure there's an adult spotter.

ACTIVITY TWO: **SPOT WALK**



MATERIALS NEEDED

- Safari™ Swing Steppers with safety mats in place
- Masking Tape

ADVANCE PREPARATION

Children should have experience with Activity One prior to attempting this activity. Place a piece of masking tape in varying locations on each Swing Stepper to create a meandering path for children to follow.

ACTIVITY

Have children walk across the Swing Steppers as in Activity One, with the additional challenge of making sure that one foot steps on each tape spot.

MODIFICATIONS/VARIATIONS

- Discuss what makes a path easier, harder or more fun and have students create paths for each other.
- Using colored tape, create a variety of different color-coded paths. Children can choose their challenge.
- As suggested in other activities, time the traverse and work for faster times.

ACTIVITY THREE: **WATCH YOUR STEP!**



MATERIALS NEEDED

- Safari™ Swing Steppers with safety mats in place
- 12 Bean Bags

ADVANCE PREPARATION

Children should have experience with Activity One prior to attempting this activity. Place two bean bags on the outer edges of each Swing Stepper, leaving room in the center of each stepper for participants' feet.

ACTIVITY

The challenge here is to carefully walk across all Swing Steppers without losing any bean bags. Smooth and controlled movements are the key to success here!

MODIFICATIONS/VARIATIONS

- To simplify the activity, place only one bean bag on each Swing Stepper.
- See how many times you can go down and back while still maintaining bean bags.
- Add additional bean bags for added challenge. Be sure to keep safety in mind.

ACTIVITY FOUR: **GROUP BEAN BAG CHALLENGE**



A group of five children work together to move a bean bag across all six Swing Steppers.

MATERIALS NEEDED

- Safari™ Swing Steppers with safety mats in place
- One bean bag

ADVANCE PREPARATION

Place the bean bag on the first stepper.

ACTIVITY

This group activity asks a team of five children to move a bean bag across all steppers, one at a time. To begin, have one person step on the first stepper and move the bean bag to the second stepper and then walk across all the remaining steppers. A second person travels across the Swing Steppers, moving the bean bag to the third stepper and then walking across all the remaining steppers. Continue in this fashion until everyone has had a turn and the bean bag is placed on the final stepper. At any point, if the bean bag falls off, start the activity over.

MODIFICATIONS/VARIATIONS

1. To simplify the activity, do not have children start over if the bean bag falls off. Simply have another child put the bean bag back in place.
2. For added challenge, have children return to the start with the bean bag.
3. Use two different-colored bean bags—one moving forward (start to finish) and the other moving backwards (finish to start). During their turn, children would each move two bean bags the required direction on the steppers.

ACTIVITY FIVE: ANIMAL CROSSING



MATERIALS NEEDED

- Safari™ Swing Steppers with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Children are challenged to walk across the Swing Steppers and back again, walking like an animal. Try some or all of the challenges, while keeping safety in mind!

1. Waddle like a duck! Squat down as low as possible while walking. Quacking is optional.
2. Move like an ape! Walk with your back hunched over and hands as low on the ropes as you can manage, while keeping safety in mind.
3. Stroll like a flamingo! Walk normally, but stop on each stepper. While stopped, bend one knee and lift it as high as you can. Count to three and continue in this way, alternating legs and keeping safety in mind.
4. Inch like an Inchworm! Stand tall on the first Swing Stepper. When you move to the second Swing Stepper, get your body as low as you can. Stand up tall again as you move to the third stepper. Continue in the up-and-down fashion, keeping safety in mind.
5. Walk like a pigeon! Walk with your toes pointed towards each other while bobbing your head.

MODIFICATIONS/VARIATIONS

- Depending on ability, an adult spotter may be needed.
- Have children come up with their own animal walks!

ACTIVITY ONE: **WALK THE PLANK!**



Children are challenged to walk the length of the plank, and back again.

MATERIALS NEEDED

Safari™ Plank Walk with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Starting at one end, walk the length of the plank. Use overhead ropes to help maintain balance. Once the end of the plank is reached, pivot and walk back to the start.

MODIFICATIONS/VARIATIONS

- To simplify the challenge, have children simply stand on the Plank Walk, holding the overhead ropes, without walking.
- Use a stopwatch and time how quickly children can walk down and back, all while keeping safety in mind. Work towards faster times.
- Walk backwards. For safety, be sure there's an adult spotter.
- Walk with a blindfold! For safety, be sure there's an adult spotter.

ACTIVITY TWO: A TRIO OF BEAN BAG CHALLENGES



Bean bags add to the fun and challenge of walking the plank!

MATERIALS NEEDED

- Safari™ Plank Walk with safety mats in place
- 3 Bean Bags

ADVANCE PREPARATION

A partner will be needed to place bean bags on the plank walker's head and feet.

ACTIVITY

Try all three challenges!

1. Place a bean bag on your head and attempt to walk the plank down and back, as in Activity One. The bean bag must remain on your head or you will need to start over at the beginning of the plank.
2. Place a bean bag on the top of each foot and attempt to walk the plank down and back, as in Activity One. The bean bags must remain on both of your feet or you will need to start over.
3. You guessed it! Now try to walk the plank with a bean bag on your head and a bean bag on each foot. The rules are the same as before. Good luck!

MODIFICATIONS/VARIATIONS

- To simplify the challenge, do not start over if bean bags fall off. Just stop, have the partner replace the bean bags, and then continue the course.
- Use a stopwatch and time the activities. Work towards faster times, all while maintaining safety.
- Add two more bean bags—one on each shoulder—and then try the third challenge with five bean bags total!

ACTIVITY THREE: **TEAM BEAN BAG CHALLENGE**



One by one, a group of five children attempt to successfully walk the plank while balancing a bean bag on their head.

MATERIALS NEEDED

- Safari™ Plank Walk with safety mats in place
- 5 Bean Bags
- Stopwatch

ADVANCE PREPARATION

Children should have completed Activity Two prior to this activity. Place bean bags on the floor at the start of the Plank Walk. Determine who will be the time keeper (instructor or 6th child).

ACTIVITY

1. Your group is challenged to walk the plank while balancing a bean bag on your head, like you did in Activity Three. You're trying to do this as quickly as possible, but also keeping safety in mind. You'll travel one by one and you must start over if the bean bag falls off your head. Remember that this is a **TEAM** challenge, so even though you're walking one-by-one, you're a team and the goal is for **ALL** of you to achieve the challenge.
2. Once the first person reaches the end of the plank and steps off, the 2nd person can begin.
3. Before you begin, predict how quickly you think your group can accomplish this challenge. Discuss and come up with a group prediction. Be sure the timekeeper is aware of the goal.
4. Next, discuss as a group any strategies that will help you reach your goal.
5. Attempt the challenge. If successful, discuss what elements contributed to the success. Repeat and work towards a faster time.
6. If unsuccessful, discuss as a group what changes might improve the chances for success. Repeat and work toward achievement.

MODIFICATIONS/VARIATIONS

- Eliminate the rule of starting over if the bean bag falls. Simply have the participant stop, ask a teammate to replace the bean bag, and s/he can continue to the finish.
- If desired, groups could compete for a "class best" time.
- Add additional bean bags or variations of bean bag placements.
- Depending on age and previous experience working in groups, the instructor may need to facilitate group discussions to ensure all participants have a voice and that all strategies for success are explored.

ACTIVITY FOUR: **FANCY FEET**



Children are challenged to expand their methods of movement across the Plank Walk.

MATERIALS NEEDED

None

ADVANCE PREPARATION

None

ACTIVITY

Try these different ways of walking the plank. If you lose your balance and need to step off the beam, start over.

1. Walk so that the heel of your foot touches the toes of the other foot every step.
2. Walk on your tip toes.
3. Walk on your heels.
4. Walk sideways.
5. Take long, lunging steps across the plank.
6. Dip walk (take one step, bend your knee and dip the toe of the other foot off the side of the plank and then back onto the plank. Continue, alternating the dipping foot).
7. Kick walk (kick as you walk, keeping your legs straight and kicking as high as you can).
8. Make up your own innovative way to walk the plank and share with the group. Be sure to keep safety in mind.

MODIFICATIONS/VARIATIONS

- Depending on the ages/abilities of children, an adult spotter may be needed for some or all of the challenges.

ACTIVITY FIVE: **BALL TOSS**



After successfully walking the plank, children attempt to toss a ball into a basket.

MATERIALS NEEDED

- Safari™ Plank Walk with safety mats in place
- 10 tennis balls
- 3 buckets or bins (1 for storage and 2 for targets)

ADVANCE PREPARATION

Place balls in a bucket on the floor near the start of Plank Walk. Place the two other buckets on the floor at the end of the Plank Walk. Place one close (for an easier target) and place one farther (for a more challenging target).

ACTIVITY

Pick up a ball from the bucket and begin walking the plank, holding the ball. When you reach the end, try to make a basket. The closest basket is worth 5 points. The farther basket is worth 10 points. Pivot and return to the start, get another ball and continue for a certain predetermined point total or until time runs out.

MODIFICATIONS/VARIATIONS

- To simplify the challenge, have a partner hand the ball to the child upon reaching the end of the plank (instead of having him/her walk with it in hand).
- Give one point for successfully walking the plank, in addition to any points for making a basket.
- Have children vary how they walk across the plank each time (tip toe, dip walk, kick walk, etc).
- Substitute bean bags or other items for the balls.
- Make it a team event, where a group of five children take turns walking the plank and tossing the balls to achieve the point total.

ACTIVITY ONE: **CIRCLE STEPPIN'!**



Children are challenged to walk the length of the Circle Steppers, and then back again.

MATERIALS NEEDED

Safari™ Circle Steppers with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Starting at one end, walk across all of the Circle Steppers without stepping off. Use the poles to help maintain balance. Once the last Circle Stepper is reached, pivot and return to the start.

MODIFICATIONS/VARIATIONS

- To simplify the challenge, have children simply stand or sit on the first Circle Stepper, holding the center pole.
- Use a stopwatch and time how quickly children can walk down and back, all while keeping safety in mind. Work towards faster times.
- Walk backwards. For safety, be sure there's an adult spotter.

ACTIVITY TWO: 20 QUESTIONS



In this variation of the well-known game, children are challenged to walk the length of the Circle Steppers, and then back again, but can only advance after correctly answering up to 20 questions.

MATERIALS NEEDED

- Safari™ Circle Steppers with safety mats in place
- A list of 20 questions (trivia, spelling words or math facts, etc.)

ADVANCE PREPARATION

Prepare 2 lists of 20 questions, or have children each come with a list of 20 questions.

ACTIVITY

This is a partner activity. One person will travel the Circle Steppers while the other asks question. The traveling person will begin on the mats near the first Circle Stepper. After correctly answering a question, s/he gets on the first stepper. The activity continues in this fashion, with forward movement contingent on correctly answering a question. After the first person has gone down and back, or there are no more questions, the partners should switch roles and repeat the activity.

MODIFICATIONS/VARIATIONS

- Connect questions with a current course of study in science, math, social studies, etc.
- To simplify the activity, create true-false questions to offer children a 50% chance of answering correctly.
- Try the activity a number of times (with new sets of questions), working to go down and back in the least number of questions possible. In other words, with no incorrect answers.
- For added challenge, have children step backwards if a question is answered incorrectly. (An adult spotter should be available for safety reasons.)

ACTIVITY THREE: **CLEAN UP!**



Children “clean up” as they travel by removing bean bags from the Circle Steppers and tossing them into a target.

MATERIALS NEEDED

- Safari™ Circle Steppers with safety mats in place
- 1-4 jump ropes

ADVANCE PREPARATION

Place several bean bags on each Circle Stepper, leaving enough room for foot placement. Create a target near the Circle Steppers by arranging the jump rope(s) in the desired size and shape, as determined by the age and ability of the participants.

ACTIVITY

Children are challenged to travel across the Circle Steppers with the added task of “cleaning up” each stepper. This involves removing each bean bag and tossing it into the target. If a bean bag falls off a stepper, children should step down, pick it up and toss it into the target. Then, they should resume traveling and “cleaning” to the last stepper.

MODIFICATIONS/VARIATIONS

- Vary the target shape, size and distance from steppers to lessen or increase the challenge.
- Add or subtract bean bags as another option to lessen or increase the challenge.
- Work towards getting all bean bags into the target.
- Time the activity with a stopwatch and work for faster and faster times on subsequent turns.

ACTIVITY FOUR: **MODIFY YOUR MOVES**



Children are challenged to change how they travel across the Circle Steppers.

MATERIALS NEEDED

Safari™ Circle Steppers with safety mats in place

ADVANCE PREPARATION

None

ACTIVITY

Have children try some or all of these challenges! An adult spotter may be required for safety.

1. Travel across the steppers squatting.
2. Travel across the steppers on your knees.
3. Travel across the steppers, leading with your non-dominant foot.
4. Travel across the steppers holding the center pole as high as possible, and then try holding it as low as possible, while still standing normally.
5. Travel across the steppers on your tip toes, and then try your heels.

MODIFICATIONS/VARIATIONS

- Have children come up with their own unique ways to travel across the steppers, keeping safety in mind.

ACTIVITY FIVE: **BALANCING CHALLENGES**



Children are challenged to travel across the Circle Steppers while balancing bean bags on their bodies.

MATERIALS NEEDED

- Safari™ Circle Steppers with safety mats in place
- 1-5 bean bags

ADVANCE PREPARATION

None, but a partner is needed to assist the participant.

ACTIVITY

Have children try some or all of these balancing bean bag challenges!

1. Travel across steppers balancing a bean bag on your head.
2. Travel across steppers balancing a bean bag on the top of each foot.
3. Travel across steppers balancing a bean bag on top of each shoulder.
4. Travel across steppers balancing a bean bag on top of head, feet AND shoulders!

If a bean bag falls off the participant, the partner should replace it.

MODIFICATIONS/VARIATIONS

- For added challenge, try a double stack of bean bags on body parts.