

Distracted Walking Obstacle Course



MEDIUM

Planning Hours: 30 mins

Event Hours: 30 mins

Best Time to Conduct: Any time

The objective of the obstacle course is to show youth the dangers of being distracted while walking. Students will go through the obstacle course with and without being distracted, while being timed. Student will be evaluated by time and the number of objects knocked over.

Items Needed

OBSTACLE COUSE SET UP

- Cones (provided by TDS)
- Yard sticks (provided by TDS)
- Rubber Chicken for distraction (provided by TDS)
- Stop Light (provided by TDS)
- 1 roll of colored painters tape (usually blue tape can be found at any hardware store)
- Cardstock Paper for signs (provided on TDS website)

RUNNING YOUR OBSTACLE COURSE ACTIVITY

- Notepad with pen or cell phone
- Stopwatch
- Score cards
- Teens in the Driver Seat® educational items

Steps

OBSTACLE COUSE SET UP - [Watch YouTube Video](#)

1. Plan out an outline of a distracted walking obstacle course.
2. Use cones & yardsticks (provided by TDS) to map out the obstacle course. If available, use painters tape for the starting line or pedestrian crossing lines.

RUNNING YOUR OBSTACLE COURSE ACTIVITY

1. Students will first go through the obstacle course WHILE texting (or writing in a notepad) Students are instructed to either open their notes section on their cell phones and type (or write if using notepad) the answer to a series of questions:
 1. Who is the president of the United States?
 2. What is our state capitol?
 3. Name a Texas professional sports team.
 4. Favorite color

*Remember to evaluate the student by time and number of objects knocked over.

2. The same student will then go through the obstacle course again WITHOUT texting.
*Remember to evaluate the student by time, number of objects knocked over and number of correct responses on scorecard.
3. Complete an activity form on t-driver.com for TDS All-Star points.

Make it GREAT

- Print out the “SCHOOL ZONE”, “ROAD WORK AHEAD” and “PEDESTRIAN CROSSING” “WATCH OUT” signs.
- Tape the signs on the cones throughout the course (Or you can tape the signs to the back of plastic chairs).