

AQBS Obstacle Course – PE Game

A fast-moving obstacle course where kids practice the AQBS rule — stopping to Ask Questions and Be Skeptical before deciding what to do next.

Goal of the Game:

Students will move through an obstacle course where they stop at “media posts” and decide whether to go FORWARD, PAUSE, or DETOUR based on what they see. The goal is to model the **AQBS Rule** — Ask Questions. Be Skeptical — by using their brains *before* making their next move.

Set-Up:

- **Create a simple obstacle course** around your gym or field with cones, jump ropes, hoops, or agility ladders.
- Place **5–6 "Media Post Signs"** (examples below) along the course. These are places where students must STOP and THINK.
- At each sign, students must decide:
 -  **GO FORWARD** – if the post seems helpful and true.
 -  **PAUSE** – if they need more information or they're unsure.
 -  **DETOUR** – if the post seems false, hurtful, or suspicious.

Materials Needed:

- Cones or floor tape (to mark paths, detours, and pause zones)
- "Media Post" signs (can be printed or written on posters)
- Optional: Stoplight paddles or wristbands (green = go, yellow = pause, red = detour)



How to Play:

1. Start the Course

All students begin at the starting line.

2. Move Through Obstacles

Students jog, hop, crawl, or balance through basic obstacles until they reach a **Media Post Stop**.

3. Read the Media Post

The student (or a student reader) reads the post aloud to a partner or group.

4. Make a Decision

Each student decides:

-  **GO FORWARD** (if it's helpful, true, or kind)
-  **PAUSE** (if it's confusing or emotional)
-  **DETOUR** (if it's mean, false, or suspicious)

5. Take Action

Students follow the appropriate path:

- **Forward Path** – continue through the course.
- **Pause Path** – move to a short pause zone (e.g., balance on one foot, do 5 jumping jacks, etc.), then continue.
- **Detour Path** – take a longer path or do a small challenge (e.g., crab walk around a cone) before returning to the main course.

6. Finish the Course

When they reach the end, gather and debrief:

- “What kind of posts made you pause?”
- “Why did you take a detour?”
- “How did you know when to go forward?”



Example Media Posts for Decision Stops:

Use these signs at obstacle course “stops.” Laminate or print them on bright paper.

GO FORWARD POSTS

1. “Here’s a great way to recycle your water bottles into bird feeders!”
2. “I learned how to spell a tricky word. Want me to show you?”
3. “I helped my neighbor carry her groceries today. It felt great!”

PAUSE POSTS

4. “Everyone is mad at this video. Don’t watch it unless you want to be upset.”
5. “Breaking News! A dragon was spotted flying over our school!”
6. “Click here to win a free iPad!”
(It sounds fun... but is it real?)

DETOUR POSTS

7. “You’re so dumb if you believe this.”
8. “Only cool kids know the secret code. Don’t tell anyone.”
9. “That kid is so weird. Let’s all laugh at them.”
10. “Don’t tell your parents we sent you this.”

DEBRIEF IDEAS:

End the class with a short talk on:

- **What helped you decide?**
- **How did it feel to pause before acting?**
- **What should a real Media Master always remember?** *(Ask Questions. Be Skeptical!)*

MORE...

GO FORWARD POSTS

These are helpful, kind, or true. Media Masters can keep moving forward!

1. “Here’s a cool way to save water when brushing your teeth!”
2. “My little sister finally learned to tie her shoes — I’m so proud!”
3. “Check out this free library event for kids this weekend!”
4. “Let’s all write thank-you cards for our teachers today!”
5. “Look at this baby goat in pajamas! 🐐 It made my day!”
6. “This recipe for banana bread is super easy and yummy!”
7. “Here’s a fun word game you can play with your friends.”
8. “Did you know sloths only poop once a week? Weird but true!”
9. “This video shows how to make art using just leaves and glue!”
10. “Here are five ways to be a good friend at recess!”

PAUSE POSTS

These might be confusing, overly emotional, or suspicious. Time to pause and ask questions!

1. “BREAKING: The moon is going to crash into Earth tonight!”
2. “If you don’t forward this post, your best friend will ignore you!”
3. “This photo PROVES cats are actually aliens in disguise!”
4. “This post made me SOOO angry I wanted to yell! Don’t you feel the same?”
5. “Here’s a quiz that tells you what kind of dragon you are. But you HAVE to sign up first.”
6. “Only geniuses can read this scrambled sentence. Can you?”
7. “I saw someone crying at school... what do you think happened?”

8. “My teacher gave me a weird look. Do you think she hates me?”
9. “There’s a monster under my bed and I have proof!!”
10. “You won’t believe what this kid did at lunch... watch the video FAST!”

DETOUR POSTS

These are hurtful, unkind, or likely false. Media Masters avoid them and take the detour!

1. “Look at how dumb this person looks! 😂”
2. “Don’t be friends with her. She’s too weird.”
3. “Only babies wear glasses. LOL!”
4. “Click this sketchy link to get free video game coins!”
5. “If you talk to the new kid, I won’t be your friend anymore.”
6. “This video shows a fight at school — it’s hilarious!”
7. “Let’s prank call the school and post it!”
8. “That teacher is the worst. Let’s post bad things about her.”
9. “Steal this picture and say it’s yours. No one will know.”
10. “I heard a kid got in trouble — let’s post what we think happened!”