

Blindfold Obstacle Course



TIME FOR
an
adventure

1

Introduction

To develop students' prior knowledge and experiences, ākonga can do a blindwalk in pairs. One student has their eyes shut and is guided by physical contact with the other



2

Learning activity

Construct an obstacle course over, under, and around a variety of equipment. In pairs, ākonga takes turns to be guided through the course by their partner. either with eyes closed or blindfolded.

Students discuss:

- how it felt to be the blindfolded person
- what the guide had to do to help
- what they would do differently next time

3

Suggested learning outcomes

Students will:

- identify ways for themselves and others to stay safe during the activity.
- use safe practices and basic risk-management strategies when participating in an outdoor activity.

4

Extension

Use more difficult obstacles.

Have the partner direct a group of three to five students instead of one.

Teacher notes

- When ākonga are blindfolded, ensure they use bumpers (bent arms protecting face).
- Ensure ākonga have spotting partners.