

Character Challenge Course

Character Challenge Course Co.

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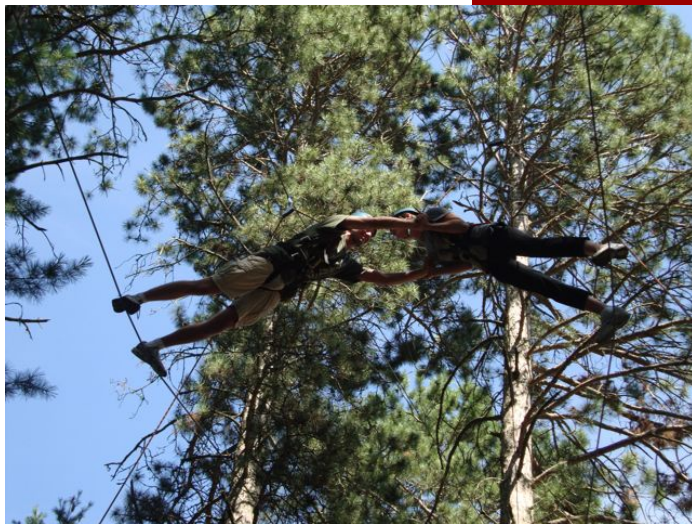
www.characterchallengecourse.com

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Addressing Elements of
Minnesota's Physical
Education Standards

Attending the Character Challenge Course (C4) with a school group will not only be a life changing experience that is fun, but one that addresses vital physical education standards as well. Working with schools to address these outcomes makes this course a valuable educational tool.



Physical Education Standards

Benchmarks, Activities, & Outcomes



Grades 9-12
Standards #3, 5, 6

Standard #3: Participated regularly in physical activity.

Benchmark #1: Students will have the skills, knowledge, interest, and desire to independently maintain an active lifestyle throughout life.

Activities/Outcomes: Participate in physical activity regularly for the personal health enhancing benefits of physical activity outside the classroom.

The Character Challenge Course (C4) allows students to climb, utilize core muscle groups, and engage areas of the body not commonly used.

Standard #5: Exhibits responsible personal and social behavior in physical activity settings.

Benchmark #1: Students will initiate independent and responsible behavior in physical activity settings.

Activities/Outcomes: Work cooperatively with teammates, accepts and takes responsibilities for mistakes, refrains from participation that may result in injury to self or others, encourages and is courteous to others & is responsible for own behavior.

The C4's mission is to shape character traits in participant's lives. The course is designed so that all participants will have the opportunity to develop these skills, whether they are assisting with belaying on the ground, encouraging their classmates on a high element, being aware of safety procedures, or working together to solve a problem on the team-initiatives course.

Standard #6: Values physical activity for health, enjoyment, challenge, and/or social interaction.

Benchmark #4: Students will recognize the positive feelings that result from physical activity participation alone and with others.

Activities/Outcomes: Appreciate the physical benefits of personal fitness and its correlation to social interaction & participates in physical activities outside of class.

The C4 provides unique experiences that are nearly impossible to replicate in a school setting. Students will utilize team-focused physical fitness, as well as ones fully dependant on themselves.



**Grades 4-8
Standards #5 & 6**

Physical Education Standards

Benchmarks, Activities & Outcomes

Standard #5: Exhibits responsible personal and social behavior in physical activity settings.

Benchmark #2: Students will work in a group to achieve group goals in cooperative and competitive settings.

Activities/Outcomes: Demonstrate safe participation during a physical activity, Demonstrate supportive behavior toward a teammate and toward an opponent, describe a situation where you used conflict resolution during physical activity, and discuss what good teamwork is.

C4 provides not only the method of instruction but also the curriculum to address these standards. Through group activities, students will experience situations that will cause them to communicate, problem-solve, trust, lead, follow, and form meaningful relationships with their peers and their teachers.

Standard #6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Benchmarks #1 & #3: Students will enjoy participation in physical activities & will recognize the social benefits of participation in a variety of physical activities.

Activities/Outcomes: While participating in a team challenge the student uses only positive comments and encouragement of peers, and identify how cooperation and communication were used during a team challenge.

C4 provides a structured program that immediately addresses lack of respect or tolerance. In addition, enthusiastic facilitators debrief each activity to promote the social benefits of being physically active. Each element at C4 provides a unique challenge, whether it is heights, physical fitness, or character development.