

Commando Course

TEACHERS RESOURCE



PURPOSE OF ACTIVITY:

The purpose of the Commando Course is to encourage teamwork, to cultivate healthy competition among peers, building physical fortitude, and grow in personal confidence. It is an opportunity for both personal and team growth, and to enjoy personal victory while benefitting the team through individual success. No participant is ever be forced into involvement but should be encouraged to expand their comfort zone by challenging themselves.

INSTRUCTIONS:

Explain each element, how to complete it successfully, and what technique needs to be used properly. If the element is not completed properly, encourage participants to repeat it. After explaining each element, break the team into groups of 3 (or 4 if team has uneven numbers). Explain spotting (the process of having two or participants to either side of the person on an element, with hands extended ready to keep them safe), it's role and importance, and then have a group of 3 demonstrate this.

IMPORTANT

Ensure the group you ask to demonstrate will do this well, as other groups will not take spotting seriously, if the model group does not.

Send the groups out to elements across the course and ask them to work their way around the course as a practice, with each participant in each group having a go at each element before moving on. Ensure that there are members of the group spotting whoever is on the element at that time, not the whole group on the element at once!

If there is time, there may be an opportunity to have a time trial. For this part of the activity, one person makes their way around the entire course, start to finish, with their spotters spotting them all the way. They receive a start time, and a finish time, in relation to a single stopwatch (see diagram below). The 1st person goes from the 1st group, with spotters in tow. 30 seconds later, the 1st person from the 2nd group goes, with their spotters, and their time is recorded. Once the 1st person from the 1st group has completed the course, the 2nd person from that group now has a chance to go around the course, with their 2 spotters, and their times are recorded.

SAMPLE TIME TRIAL

NAME	START TIME	FINISH TIME	FINAL TIME
Group 1 – person 1	0:00	2:41	2:41
Group 1 – person 2	4:00	6:55	2:55
Group 1 – person 3	8:00	10:33	2:43
Group 2 – person 1	0:30	3:31	3:01
Group 2 – person 2	4:30	7:20	3:10
Group 3 – person 3	8:30	11:43	3:13