



Challenge Accepted

Value, Inspire, Rise

Spring 26



Instructor: Mr. Victor Jacob

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Ages: Students ages 12–16

Class: Fridays, 12:30–1:30 @ LTL

COURSE DESCRIPTION:

Get ready for adventure! This class helps students build friendships and teamwork through exciting challenges like a portable low-ropes/ninja course, group games, and climbing basics. Every activity is “challenge by choice”—so kids can stretch themselves at their own pace while cheering each other on. Along the way, they'll grow in confidence, communication, and problem-solving—all while having a blast together! Students will compete in group, team, partner, and individual challenges to earn points. At Class's end the tallied points will determine who has the most points in each category and an awards ceremony will be held around a campfire with s'mores.

COURSE OBJECTIVES:

1. To be encouraged to work on personalized goals such as taking turns, being responsible, learning new skills, sharing feelings, etc
2. To increase physical strength and hand-eye coordination
3. To cooperate with peers in a team setting by being respectful while working towards group-based and individual goals.

COURSE EXPECTATIONS:

To receive maximum benefit from this course, each student is expected to attend class on a regular and consistent basis. Students need to: (a) arrive to class on time, and (b) be actively involved in class activities

Accommodations: I will work with each student to help achieve success in the course and adapt the activities to meet each student's functioning level. Please let the instructor know ahead of time of any specific needs.

REQUIRED MATERIALS

Items needed will be included in the course. Please be sure to wear closed-toed shoes to class. Please dress the student in comfortable clothes for sports as we will be completing adventure activities outside.



TENTATIVE course timeline

1/6

Intro, Overview and Purpose

Social Ice Breaker Games, Discuss end of class campfire, December 5, 2025

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

****HOMEWORK:** Group Games Research: The students will be asked to look up and bring ideas for group games and challenges that they would like to do as part of this course. This and all homework will be an ongoing way to earn points.*

1/23

Skill Challenge

Students will play individually challenging Skill games in preparation for picking game partners and dividing into teams to begin competing in the overall points challenge

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

****HOMEWORK:** Bring in at least one completed crossword puzzle. Each puzzle earns 1 point.*

1/30

Brain Challenge

Students will play individually challenging puzzle games in preparation for picking game partners and dividing into teams to begin competing in the overall points challenge.

Students Bring: Water bottle and bug spray. Wear close-toed shoes

****HOMEWORK:** Bring in something you've drawn. Can be anything. Each picture is worth 1 point.*

2/6

Physical Challenge

This week we will introduce the ninja course and safety basics, and students will tackle the obstacles in preparation for picking game partners and dividing into teams to begin competing in the overall points challenge

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

****HOMEWORK:** Read a book. To earn the points, bring the book to class. Each book read earns 5 points.*



2/13

Physical challenge 2

This week we will make sure everyone has experienced the ninja course, and will pick game partners and divide into teams to begin competing in the overall points challenge.

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

****HOMEWORK:** Red Challenge: Each red item you bring/wear to the next class is worth 1 point. So if you have a red hat, shirt, shoes, and socks that's 5 points. Plus other red accessories. Red water bottle? Red Belt? red hair bow?*

2/20

Team Challenge 1: Walk the Plank

Teams will have to work together to take big steps and cross the finish line.

Partner Challenge 1: Blind Maze

Individual Challenge 1: Word games

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

****HOMEWORK:** Bring in an origami animal (or any origami item). Each one is worth 3 points.*

2/27

Team Challenge 2: Ninja Race

Finish Partner and Individual challenge 1

Full Group Challenge 1: Vote

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

3/13

Team Challenge 3: People's choice

Partner Challenge 2: People's Choice

Individual Challenge 2: People's Choice

Students Bring: Water bottle and bug spray. Wear close- toed shoes.



3/20

We will finish up the challenges from last week and begin individual skill challenges for everyone.

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

3/27

We will finish up the individual skill challenges and Individual Brain challenges begin.

Students Bring: Water bottle and bug spray. Wear close-toed shoes.

4/10

Finish brain challenges.

Full Group Challenge 2: Kindness

4/24

AWARDS!

The total points awards will be given out and we will play a special wrapup game.