



ObstaSkills – THE SKILLED TRADES OBSTACLE COURSE

INFORMATION & INSTRUCTIONS

1. How the relay works:

- Each relay station will contain 8 different skills – set up on long sheets of Kraft paper
- Each relay group should decide who on the team will complete what skill for their group.
- At the whistle, the first student will run to the first spot on the paper where an activity is set up. They will complete the activity.
- When the student is done, he/she will run back and tag the next person. The next student in line will then run to the second skill, and complete it. And so on...
- Continue until all 8 skills are completed. Each team will then go through each skill station again.
- Teams must go through the activities TWICE. This means, if you have 8 students per team, all will get to do an activity twice. If you have 16 students on a team, all will do an activity once. And any other combination will be sorted out.
- Timing for the relay begins at the first 'Go' and ends once the team has gone through the relay twice.
- All members of a team must sit down to indicate they are finished.



2. The gym will be set up by Skills Canada Nunavut.

- Each relay station will be placed on a sheet of Kraft Paper.
- Each relay station will contain 8 different skills as follows:
 - a) Electrical Wiring (putting a battery in a flashlight)
 - b) Carpentry (hammering nails into wood)
 - c) Sewing (sewing a button onto a piece of felt)
 - d) Baking (frosting and decorating a cupcake)
 - e) Plumbing (putting pipes together)
 - f) Restaurant Service (place setting)
 - g) Cooking (break egg – separate yolk & whites)
 - h) Hairstylist (braiding hair)

3. Student Expectations:

- To participate with their team in a positive manner.
- To watch/cheer on their peers when not in a race.
- Stay in gym.

*** Please note ***

- Information about the Skilled Trades Obstacle Course can be found in the *Skilled Trade and Technology Careers Teacher Resource Manual* (page 109) sent to your school in September 2007.
- Instructions for the relay will vary depending on the number of students in attendance.

ObstaSkills – THE SKILLED TRADES OBSTACLE COURSE

RELAY STATION INSTRUCTIONS

<p style="text-align: center;">Electrical Wiring</p> <p>Make flashlight work. Turn flashlight on. Turn flashlight off. Take battery out.</p>	<p style="text-align: center;">Plumbing</p> <p>Put on safety goggles. Put the pipes together as shown in the picture. Take apart the pipes.</p>
<p style="text-align: center;">Carpentry</p> <p>Measure and mark a 2 inch square on wood. Put on safety gloves. Hammer four (4) nails into wood at corners of square.</p>	<p style="text-align: center;">Restaurant Service</p> <p>Set up the place setting like the picture. Take setting apart again.</p>
<p style="text-align: center;">Sewing</p> <p>Thread the needle. Sew in and out of fabric at dots. Sew button onto fabric. Thread must go in and out of button holes a total of 10 times.</p>	<p style="text-align: center;">Cooking</p> <p>Break egg. Separate the yolk and white of the egg into two different dishes. Empty egg yolk and whites into the container provided.</p>
<p style="text-align: center;">Baking</p> <p>Put on the apron. Frost the cupcake. Add some sprinkles. Make sure you leave enough frosting and other sprinkles for the other groups.</p>	<p style="text-align: center;">Hairdressing</p> <p>Braid the hair like the sample. Put the elastic on the end of your braid. Take the elastic off and unbraid the hair.</p>