

Adventures Unit

Tim Fredericksen

MacArthur Fundamental Intermediate

Physical Education

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DAY 1:

Team building activities

Wind in the willows

Task:

1 person from each team stands in the middle with their arms across their chest. The rest of the group stands arm distance away in the bumpers up position (Hands up in front to catch teammate).. Goals is to get the person moving across and around the circle for 15 – 30 seconds under control.

Discussion:

At the end each person tells one thing about their thought while in the middle and one thing about their thought on the outside of the circle.

Have you ever?

Equipment:

1 poly spot for each student

Task:

Students form a circle with their poly spots with one student in the center, the student in the center will complete the sentence; Have you ever ... ?. If the statement is true for anyone on the outside of the circle that student must move to a different poly spot, which is not directly on either side of them currently. The student without a poly spot at the end is the next person in the center and you repeat the process. The statement of the person in the center must be a true statement for themselves and once a statement has been made it cannot be reused for the remainder of the game.

Zipper Carry relay –

Equipment:

None

Task:

Each teammate must be carried, with a zipper fashion to the other side of the course. When everyone has been carried, that team is the winner. (Practicing safe carrying and trust building)

Elf Express

Equipment:

56 Hoola hoops

56 bean bags (Groups of 7, color coated)

7 Hoola hoops (Chimneys)

Task:

Relay fashion. Each team has a sled of hoops. They all must be standing inside the hoops. They move the back hoop to the front and then slide forward. There are 3 races.

Race one – They must move across the field and back again as fast as possible.

Race 2 – They must retrieve all of their toys (Bean bags) and bring back to the starting point.

Race 3 – They must deliver all of their toys to the chimneys and return home first.

DAY 3-6:

All Aboard

Equipment:

6 x 12" Square board

6 stop watches

Task:

Group must stand on the board for 15 seconds without touching the ground. If one person touches the ground the entire group must get off the board and then start again. The group will be given 5 minutes to plan or formulate.

Zulu Toss

Equipment:

6 x small balls

6 small random objects

Task:

Group but have all 6 objects moving in the group at the same time for 3 rotations. You may not throw to a person on either side of you. Teams must complete both beginner and advanced to accomplish this task. Group will be given 5 minutes to formulate plan

Beginner:

Use the 6 small balls

Advanced:

Use the 6 random objects.

Isotope Transport

Equipment:

Water to fill can

6 x cans

6 x elastic bands

36 x 10 ft. piece of rope

Task:

Fill can to $\frac{1}{2}$ inch from top with water. Teams will move the can to the outside of the circle, without entering the circle and without removing more than an inch of water. If team fails, refill can and begin again.

Nitro Transport

Equipment:

Water for cans

6 x 12 oz or 16oz cans

6 x 6 in square tiles with holes drilled in the corners and 4 x 5 ft pieces of rope tied to corners.

4 hoola hoops

5-6 cones

6 small balls

Task:

Fill can to $\frac{1}{2}$ inch from the top with water. Teams will transport the Nitro (water filled can) from the beginning of the course to the other side and back without spilling more than an inch of water. Team must avoid all obstacles in the course. If the water is spilled, can is refilled and team starts again. 6 of the teammates must take part in on leg of the transport.

Spiders Web

Equipment:

Spiders web

16 ft rope (Used for Variation)

Task:

Teams will have 10 min to devise a plan.

Easy: Team will have 20 min to get everyone through the web without touching the web. If a player touches the web they must go back to the starting side and do 5 push-ups to remove the spider venom. Once a hole in the web has been crossed through, it may not be used again.

Advanced: Team will have 20 minutes to get everyone through the web and back through a different hole without touching the web. If a player touches the web, the player must go back to the start and the hole they were attempting to go through closes up.

Variations: Team splits up on either side of the web. Team must string the rope through the web 12 times without touching the web. If they touch the web group must start over.

Mine Field

Equipment:

25 Blind Folds

60 Large Dixie Cups

24 Cones

Objective:

One member of the team is blind folded. The other is allowed to give them verbal directions only. They may not contact each other. The seeing member of the team must direct the blind member through the mine field without touching any of the mines. Each member of the team must participate successfully as a blind folded member and as a sighted director.

Orienteering Map Activity

Equipment:

Compass
Paper
Index cards
Pencil/Pen
Stop watch
Clip Boards

Objective:

Team must create an orienteering course and a map. The orienteering course will be done in list format.

Ex:

Start at slide at playground

Go 120° 20 steps Station 1 _____

Go 40° 80 steps Station 2 _____

Etc.

Each group must put together a 10-station course. They should also include 5 additional stations that need to be numbered that will not be actually used. On a separate sheet of paper, they will provide a map of the course.

Competition:

Once each group has completed making their courses. All Teams will race the courses at random. Score will be based on time and accuracy of destinations.

Activity Debrief

Name of Activity _____

What was the most difficult part of the activity?

What did you enjoy about the activity?

What DIDN'T you enjoy about the activity?

What did you do to make the activity easier/attainable?

What do you feel you learned that could help you in other parts of your life?