

JUMP INTO FITNESS:

Fitness Scavenger Hunt

Objectives:

The children will:

- Elevate their heart rates.
- Learn to work in groups.

Learning & Life Skill:

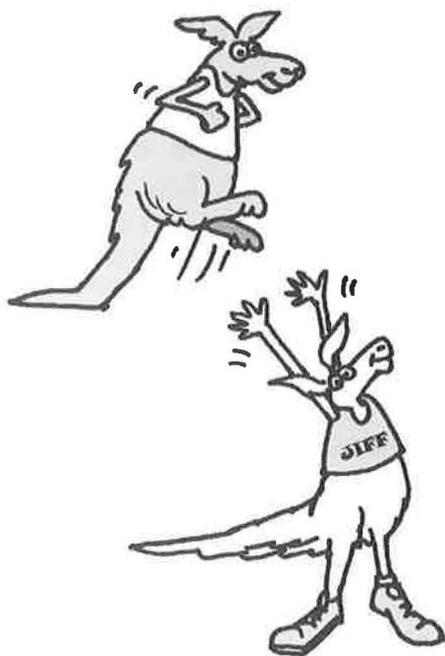
Practicing teamwork

Materials:

- Cones or other markers such as cardboard boxes or empty milk jugs
- Marker
- Index cards or slips of paper (one per team plus a few less than one per cone)
- Drinking water (make available to children as needed)
- Music player and music (optional)

Time:

15 minutes



Procedure:

Before the meeting:

1. Use the markers to write one activity on each index card. Some sample ideas are listed here but any activities that your group enjoys and that get the kids moving are acceptable.
 - a. Gallop for 15 seconds. Count seconds in kangaroos. That is: "1 kangaroo. 2 kangaroos. 3 kangaroos. . . ."
 - b. Perform BIG arm circles: 10 forward, 10 backward, 10 with hands clasped together in front and moving in a figure 8 fashion.
 - c. Pretend to ice skate (or downhill or cross country ski), counting backward from 50 to 1.
 - d. Do "crazy dancing" while singing "Happy Birthday" to the group member with the birth date closest to your meeting.
 - e. Skip around the outside of the movement space.
 - f. Do 10 jumping jacks while making funny faces at your group.
2. On other index cards (one card for each group of two to five kids) make the group scavenger cards by writing out the activities above, using a different order on each card. For example, the first group scavenger card might have the order as:
 1. Gallop
 2. Crazy dancing
 3. Arm circles
 4. Ice skating (or downhill or cross country skiing)
 5. Skip
 6. Jumping jacks

While the second group scavenger card would have:

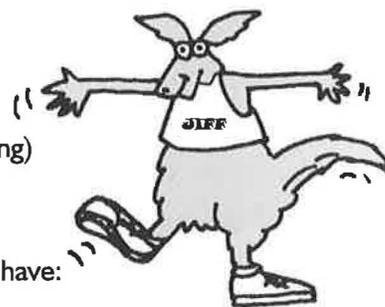
1. Arm circles
2. Skip
3. Gallop
4. Ice skating (or downhill or cross country skiing)
5. Jumping jacks
6. Crazy dancing

The key is for each group to have a different order to follow.

3. Scatter the cones (or cardboard boxes if cones are not available) around the playing area. Place one individual activity card under each cone. You may want to use a few "decoy cones" (that is, extra cones that don't have an activity card underneath them).

During the meeting:

1. Tell the group they're going on a "Fitness Scavenger Hunt." Divide the group into teams of two to five people and have each team choose a fruit or vegetable team name.



2. Give each team one of the scavenger hunt cards. Read aloud or paraphrase the following information to the group:

*Each team's scavenger hunt card has a set of activities printed on it. The activities are printed in a different order on each team's card. The cones out in the playing area have index cards under them with activities printed on them. Your challenge is to find and do the activities under the cones **in the order printed on your team's card.***

*You'll have to travel from cone to cone **as a team**, using the movement I call out, like kangaroo jumping, skipping, galloping, taking giant steps, running or sliding. After you find the right cone, everyone on your team must perform the activity written on the slip. Make sure your team replaces the activity slip under the cone when you're done. Then you move on to find the next activity on your card. Your team is done when you've found and performed all of the activities in the order they're written on your team scavenger hunt card and returned that card to the leader. Watch out! Not every cone has an activity card under it.*

Keep an eye out for the other teams so we don't have any collisions. Good luck, keep moving and have fun! Ready? Set! Kangaroo jump!

3. After the teams have completed one scavenger hunt, shuffle the scavenger hunt cards among the teams. Have them go into another room or hide their eyes while you and a helper rearrange the index cards under the cones. Let them try the hunt again.

(Volunteer Note: Vary the movement [such as kangaroo jumping, running, skipping, jumping, galloping, sliding, taking giant steps] the teams use to move from cone to cone.)

Talking It Over:

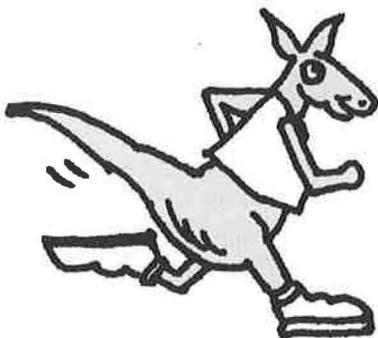
Ask the group the following questions:

Share It:

What activity was the most fun for your team?

Process It:

- Was anything hard about the Fitness Scavenger Hunt?
- What part(s) of the Kid's Activity Pyramid did you work on today?



<p>Gallop for 15 seconds. As a group, count seconds aloud in kangaroos. That is: "1 kangaroo, 2 kangaroos, 3 kangaroos..."</p>	<p>Grab a streamer and use arm motions to "write out" each letter in each group member's name.</p>
<p>Perform big arm circles: 10 forward, 10 backward, 10 with hands clasped together in front and moving in a figure eight fashion.</p>	<p>Do 10 jumping jacks while making funny faces at your group.</p>
<p>Pretend to ice skate, counting backwards aloud from 50 to 1.</p>	<p>As a group, do 10 lunges. Each time you lunge, shout out a favorite fruit or vegetable.</p>
<p>Spin the hula hoop around your waist 20 times while naming all the muscles being used by your body to keep the hoop moving.</p>	<p>Do "crazy dancing" while singing "Happy Birthday" to the group member with the birth date closest to today.</p>

1. Gallop
2. Ice skating
3. Arm circles
4. Streamers
5. Jumping jacks
6. Lunges
7. Hula hoop
8. Crazy dancing

1. Arm circles
2. Streamers
3. Jumping jacks
4. Lunges
5. Hula hoop
6. Crazy dancing
7. Gallop
8. Ice skating

1. Jumping jacks
2. Lunges
3. Hula hoop
4. Crazy dancing
5. Gallop
6. Ice skating
7. Arm circles
8. Streamers

1. Hula hoop
2. Crazy dancing
3. Gallop
4. Ice skating
5. Arm circles
6. Streamers
7. Jumping jacks
8. Lunges