

SHARE THE WEALTH 2015 – ADVENTURE ACTIVITIES

Chip Candy

1. **Skip the Run** – The run begins up one side-line of the basketball court. When you get to the corner, skip diagonally back to the opposite corner. Then run up the other side-line, and skip diagonally back to the starting point. The skippers must cross in the middle circle without running into each other (aka the Skip Negotiation Run). Variations -Use slides, backwards running, bear crawls, crab walks, gallops, etc. through the middle.

2. **Don't Get Caught Run** – Students run around the basketball court with music playing. When the music gets turned off, all students caught running along the end lines go to the middle of the gym for 5 push-ups...or any other exercise, before continuing (similar to musical chairs, but with no elimination).

3. **6 of a Kind** – The set-up is - 4 to 6 students in a line at one end of the gym with 2 dice (die), and 6 cones numbered 1 through 6. The action begins with the first student rolling a die, and taking that numbered cone out on the court in front of their line. The second person is already rolling and doing the same thing. So...if the first person rolls a 3, they take the 3 cone out and place it in front of their line at half court. If the next person rolls a 1, they take the 1 cone and place it at the closest foul line. Let's say the next rolls a 6, they take the 6 cone to the far end line. Now the "catch"...if the next person rolls a 6...they must bring the 6 cone back! This makes it very difficult to get all 6 cones out on the floor at the same time! This can also be done in reverse (bring the cones back), and can be done with any objects numbered 1 – 6 (examples – playing cards, numbered spots, numbered paper plates, etc.)

4. **Dice Circle** – The set up is – Multiple sets of different objects numbered 1 – 6 scattered around the floor, with a seventh object from each group on the outside of the playing area...each with a single die (example – 6 paper plates numbered 1 – 6 scattered in the large area, and a single paper plate on the outside with a die). The more different sets the better...numbered cones, playing cards, numbered bean bags, numbered poly spots, numbered tennis balls, etc. The students line up behind any of the outside objects. Play begins with the first person in each group rolling the die, then running in to touch that number of that object. The example – I roll a six at the numbered cones...I must run in, find the 6 cone, touch it, then move to the next object around the outside circle. I roll again...a three at the tennis ball; I run in and touch the three ball. Once everyone understands the play...add exercises to each grouping of six, so that you must roll the die, find the object, and then do the designated exercise with the number rolled indicating the reps. Our students also like to work as a team to touché all of the objects that they start with in a row. Example – the first person touches the number one plate, tags off to the next person who touches plate 2, and so on until all 6 are touched. The group then moves together to the next object around the outside.

5. Many names for this one...Project Adventure calls it **Off Balance**, when we were kids, we called it **Statue Tag**. The set up is – 5 taggers with pinnies, each with a designated balance position, and one "un-freezer" with a magic wand (short pool noodle). The taggers try to convert as many people as possible into their balance pose, by tagging, and letting each person know

what frozen position (balance pose) that they must hold. The un-freezer tries to tag all of the frozen people to let them back into the game as a runner. When a tagger freezes a player they will tell them their designated balance position, which would be one of the following –

Stork – Stand on one leg, arms out, the free leg pointing straight out in front.

Candle – Stand on one leg, arms straight over the head with palms together, the free foot on the supporting leg's knee.

Airplane – Stand on one leg, arms straight out to the sides, bend forward at the waist, and raise the back leg straight up and behind.

Runner – Balance on one leg while the rest of the body assumes a runner's pose with leg/arms

Thinker – Balance on one leg in partial squat position, free foot across the supporting knee, and elbow on knee with chin in hand (as if you were sitting down in a thinking position).

6. Change Up – Students are given cards with numbers on them and must line up (quickly) in order from lowest to highest. Many variations are then put into play...after changing cards –

a. Line up without looking at your card (others may help you)

b. Line up alphabetically

c. Line up by odds/evens (two lines)

d. Group up by the designated number...if we designate the number as 15...a 7 and an 8 could be a group, or a 3 and a 5 (multiply), or a 10 and a 7 and a 2 (add and subtract).

e. Line up in runs of 5 (6, 7, 8, 9, 10, or 12, 13, 14, 15, 16)

f. Find the person closest to your number (that is now your partner for the next activity)

7. Cooperative Reaction Ball – Using large foam reaction balls randomly spread around the group...on a count of 3 everyone throws their reaction ball up (high). Each ball must be caught after one bounce and nobody may catch the ball that they throw. Any ball that hits the ground more than one time counts against the group. 20 missed balls and the game is over...so the group must communicate and work together to see how many rounds they can complete before 20. Any type of organization is allowed.

Variation – start with a small number of balls for the group...if all of the balls are caught, add another ball. Any ball that is not caught after the first bounce comes out of the game. Does the group add to their total, or does the total go down?

8. Odd Run – Everyone begins in a corner of the room, with dice in each corner. Each person rolls a die...if it is an odd number you move up (run) that number of corners indicated by the dice roll. If it is an even number, you stay and do that number of the designated exercises (squats, or burpees, or push-ups, etc.) and roll again. So, odd number...run, even number...exercises.

Other – the following activities are from the Project Adventure book **Achieving Fitness, An Adventure Activity Guide**, by Jane Panicucci.

Jugglers on the Move, Aerobic Striker, Plate o' Peas, Ricochet, Look Up, Popper Tag, Ten on the Move

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“Be positive like a pencil! The pencil is 7” long with a ½” eraser”

Remember...We are a TEAM and We are a FAMILY!

Today is (Insert date)...you only have one chance at it...make it a good one