



TITLE: Exercise Scavenger Hunt

OBJECTIVES: Students will participate in a physical activity/game to demonstrate the benefits of living an active lifestyle to promote health.

MATERIALS:

- 7 clipboards
- Bag for each participant
- 7 different prizes for each station
 - Ideas: trail mix, Gatorade, jump ropes, balls, and kites. If participants refused to do exercise they didn't get that prize, just a little incentive for them to at least try.



PROCEDURES:

Set up:

This game has 7 stations (can be indoor or outdoor)

Each station should be spread out enough to give participants room to do each exercise.

Choose one picture and one hint for each station and place on clipboard with picture on top.

Put a different set of prizes at each station.

Once set up:

Each child is handed a bag to carry their prizes, and split into groups, each group having an adult/leader and sent to various stations.

Once at each station the adult/leader shows how to do each exercise the children perform the exercise, and upon completion of exercise receive a prize. Leader then reads hint for the next station and the participants run to find that station.



APPROXIMATE TIME FOR PROCEDURE: 30 MINUTES

BICYCLE



For 60 seconds

**You sit on my
seat and pedal
with your feet.**

Frog Jump



For 30 seconds

I'm green.

I eat flies.

**I jump from place
to place.**

Jumping Jacks



For 30 seconds

**I have a sister
named Jill.**

**We go up
the hill.**

LUNGES



15 on each side

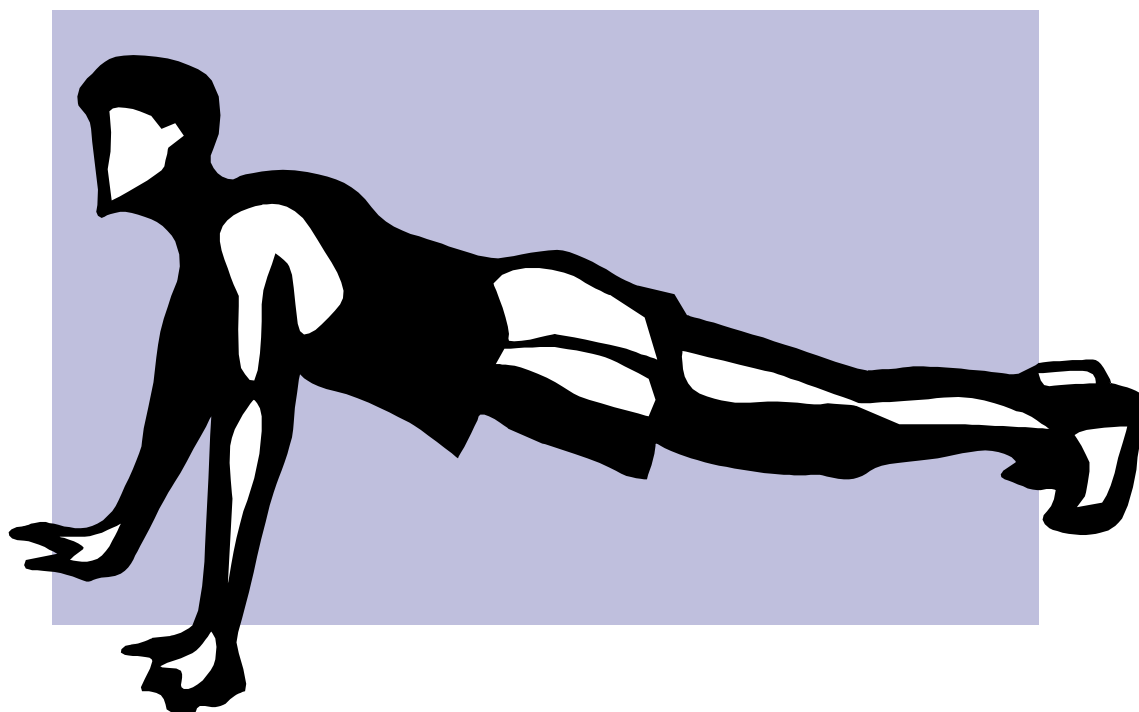
Take a step.

**Bend your
knee.**

Now you

**Know how to
do me.**

PUSH-UPS



15 pushups

**I'm orange ice
cream.**

**You push me
up with a
stick.**

Running



Race to the finish line

Left foot...

Right foot...

Left foot...

Right foot...

**As fast as you
can.**

Sit-Up



For 60 seconds

Sit down...

Lay back...

Sit down...

Lay back...