

# Scavenger Hunt Sprint

STAY  
ACTIVE

To combine movement and problem-solving in a fun, active scavenger hunt, where students race to find objects and complete physical tasks along the way.



## Learning Intentions

**I can enhance my physical fitness by completing different exercises while participating in a scavenger hunt:**

- ..... This encourages students to combine movement and exercise, helping them develop strength, coordination, and agility through playful activities.

**I can practice following clues and completing tasks in a fun and energetic way:**

This promotes problem-solving skills as students race to find hidden objects and complete physical challenges.

**I can improve my speed and stamina through running, jumping, and completing physical tasks:**

This helps students develop cardiovascular endurance and flexibility through a variety of movement-based activities.



## Success Criteria

**Completing Physical Tasks for Each Scavenger Hunt Item:**

Students can complete the physical tasks assigned to each scavenger hunt item, ensuring they stay active and engaged in both finding objects and completing exercises.

**Moving Quickly and Efficiently:**

Students can move quickly and efficiently to find the hidden items, developing their speed, agility, and focus while racing around the play area or classroom.

**Working Independently or in Teams:**

Students can work independently or in teams to complete the scavenger hunt tasks, promoting cooperation, teamwork, and self-reliance as they work towards completing the scavenger hunt.

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**Objective:** To combine movement and problem-solving in a fun, active scavenger hunt, where students race to find objects and complete physical tasks along the way.

**Players:** Ideal for pairs of students or small teams (2-25 players).

**Materials:**

- A selection of small objects or items to hide (e.g., toys, coloured paper, pencils, sticky notes).
- A space to hide the objects (indoor classroom or outdoor play area).
- A timer (optional).

**Time Required:** 15-20 minutes.

**Setup:**

1. Choose an area (indoor or outdoor) to hide the objects. Make sure the space is safe and allows students to move freely.
2. Hide the objects around the area, ensuring they are not too difficult to find but provide a fun challenge.
3. Assign a physical task to each hidden object (e.g., five star jumps, a lap around the area, 10 tuck jumps).
4. Create a scavenger hunt list with all of the items you have hidden, provide a visual image of the list if possible. On this list assign the physical movement/exercise that needs to be completed upon finding the item.
5. If playing with teams, divide the students into small groups.

**Gameplay:**

1. **Introduce the Game:** Explain to the students that they will be participating in a scavenger hunt, where they will race to find objects hidden around the area. For each item they find, they must complete a physical task before moving on to the next item. Students do not remove the item, they simply tick it off on their scavenger hunt sheet.
2. **Start the Hunt:** Give each student (or team) the starting signal. They will race around the play area or classroom to find the hidden objects. Once they find an item, they must complete the associated physical task before continuing. Example tasks include:
  - Five star jumps.
  - Run a lap of the basketball court or within a designated area.
  - Doing ten high knees.
  - Completing five sit-ups.



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**3. Repeat the Process:** Students continue finding items and completing tasks for each object they discover. They must return to the starting point after completing a task or when they reach the final object.

**4. Winning the Game:** The first pair (or team) to find all the items and complete the tasks wins the game. Alternatively, set a timer and see how many items each student or team can find and complete in the designated time.

**5. Reflection Time:** After the game, ask the students questions to reflect on their experience:

- "What was the hardest task you had to complete?"
- "How did you feel after completing each task?"
- "What helped you find the items quickly?"

**Winning the Game:** The winner is the first student or team to find all of the items and complete the associated tasks. If using a timer, count how many items each team or student found and completed within the set time.

**Additional Notes:** "Scavenger Hunt Sprint" is a great way to keep students engaged while improving their fitness. The combination of running, jumping, and completing tasks promotes physical activity, coordination, and agility. It's adaptable for different environments and can be made more challenging with harder tasks or by adding more objects to find. This game can also be easily modified for various age groups or to suit different fitness levels.

