Treasure Hunt Run

To combine running, agility, and problem-solving by racing to collect treasures and returning them to the starting point.

📖 Learning Intentions

I can develop my running and agility skills by racing to collect treasures:

This encourages students to improve their speed and coordination while moving quickly between stations.

I can enhance my problem-solving skills by figuring out how to collect and return the treasures efficiently:

This helps students think critically and plan their movements as they navigate the play area.

I can practice object handling and balance by picking up and carrying treasures during the run:

This helps students build physical coordination and balance as they handle objects while moving.

🎗️ Success Criteria

Running Quickly and Efficiently to Collect Treasures:

Students can run quickly and efficiently to collect the treasures and return them to the starting point, staying engaged in the movement aspect of the game while practising speed and agility.

Handling and Carrying Objects Safely:
Students can handle and carry objects safely while running, practising coordination and control when managing the treasures they collect.

Participating in a Team or Individual Setting:
Students can participate in a team or individual setting, working quickly and thinking creatively about how to complete the task, promoting problem-solving and teamwork (if playing in teams) while maintaining a fun, active environment.

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Objective: To combine running, agility, and problem-solving by racing to collect treasures and returning them to the starting point.

Players: Ideal for small to medium-sized groups (4-26 students).

Materials:
- "Treasures" (e.g., coloured cones, soft objects, or small items that are easy to pick up and carry).
- Cones or markers to define the starting point and boundaries of the play area.

Time Required: 10-15 minutes.

Setup:
1. Place the "treasures" (cones or soft objects) around the play area. Make sure the treasures are spread out and placed in different locations to challenge the students.
2. For each treasure, assign a physical movement to it. For example, a red coloured cone is 5 star jumps, or a whiteboard marker is 5 sit ups or a yellow stress ball is 5 squats. Have these listed, printed out or displayed on the whiteboard/projector screen for students to see.
3. Define a clear starting point where students will begin the race. You can set up boundaries for the play area to make sure students stay within a safe zone while running.
4. Create teams, no more than 4 teams work best. Then assign which team's treasures will be linked to another team, for example, team one's treasures' physical movements will be assigned to team two for them to complete.

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Gameplay:

1. **Introduce the Game:** Explain to students that they will be going on a "Treasure Hunt Run." They will race to find and collect treasures placed around the play area, bringing them back to the starting point. For each treasure they find and bring back an opposing team will have to complete the physical movements assigned to each treasure. These will be completed as a quick circuit at the end of each round.

2. **Start the Game:**
   - On "Go," one person from each team takes turns running to collect one treasure at a time and bring it back to their team's starting point before the next team member can go (like a relay race).

3. **Movement Focus:** Encourage students to focus on speed and agility as they race from one treasure to another. They should also practice careful handling of the objects and balancing the treasures while running.

4. **Complete Physical movements:** You can either play for a certain time limit, or you can play until each team member has had one turn each at finding a piece of treasure or you can play until all the treasures are found (our favourite way of playing). Once you have finished the game each team has to then complete the range of physical movements assigned to them based upon what treasures their opposing team found. This should be done as a circuit, where they methodically work through each piece of treasure and complete the exercise assigned to it. Some teams may find more treasures than others which means more physical activity for their opposing team, that is completely fine!

5. **Team Variation (Optional):**
   - Alternatively, create challenges, such as having to collect specific coloured treasures in a particular order.

6. **Reflection Time:** After the game, gather the students and ask them questions like:
   - "What strategy did you use to collect the treasures quickly?"
   - "How did you work as a team?"
   - "What was the hardest part of the race?"

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Winning the Game:
- If playing individually, the winner is the student who collects the most treasures and returns them to the starting point.
- If playing in teams, the team that collects the most treasures within the time limit wins.

Additional Notes: "Treasure Hunt Run" is a great way to combine physical movement with problem-solving. It encourages students to stay active while improving their agility, speed, and object handling skills. The game can be made more exciting by adding various types of treasures and different rules or creating obstacles along the way to challenge students even further. This game is versatile, fun, and perfect for both indoor and outdoor play.

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