

Family Activity Scavenger Hunt

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Set up a scavenger hunt around the school campus for students and parents/caregivers to complete together. Students and parents/caregivers work together to make their way through each checkpoint and perform the corresponding physical activity.

Why Do It?

Students and parents/caregivers work together to search out checkpoints and perform corresponding physical activities in a fun and welcoming environment.

How Do We Do It?

Write a different physical activity or movement skill and post it at each checkpoint (i.e., station). A checkpoint may be indicated by a card in a hidden space or on an object (e.g., fire hydrant, home base).

Activities might include:

- Station 1 – Fast feet (running on the spot for 15 seconds)
- Station 2 – I choose the activity to do (10 times)
- Station 3 – Tuck jumps (10 times)
- Station 4 – Take 10 deep breaths

- Station 5 – Extensions (10 toe raises while reaching for the sky)
- Station 6 – Star jumps (10 times)
- Station 7 – Stride jumps (10 times)

Place the checkpoints around the activity area. Create a map of the activity area that shows landmarks and locations in the area as well as the locations of the checkpoints.

Copy and distribute the maps to pairs or small groups of students.

Have students search for the checkpoints using the map. Then they move to an open space to do the physical activity. When they are finished, they move on to the next checkpoint.

What Else Do We Need?

- Class set of maps
- Orienteering cards

How Do We Get Creative?

Increase or decrease the size of the activity area.

Consider having parents/caregivers and students create a post-activity healthy snack or smoothie.