

Adventure Run

Activity: Adventure Run at Home

Learning Objective: Combine all of the skills the kids have learnt so far

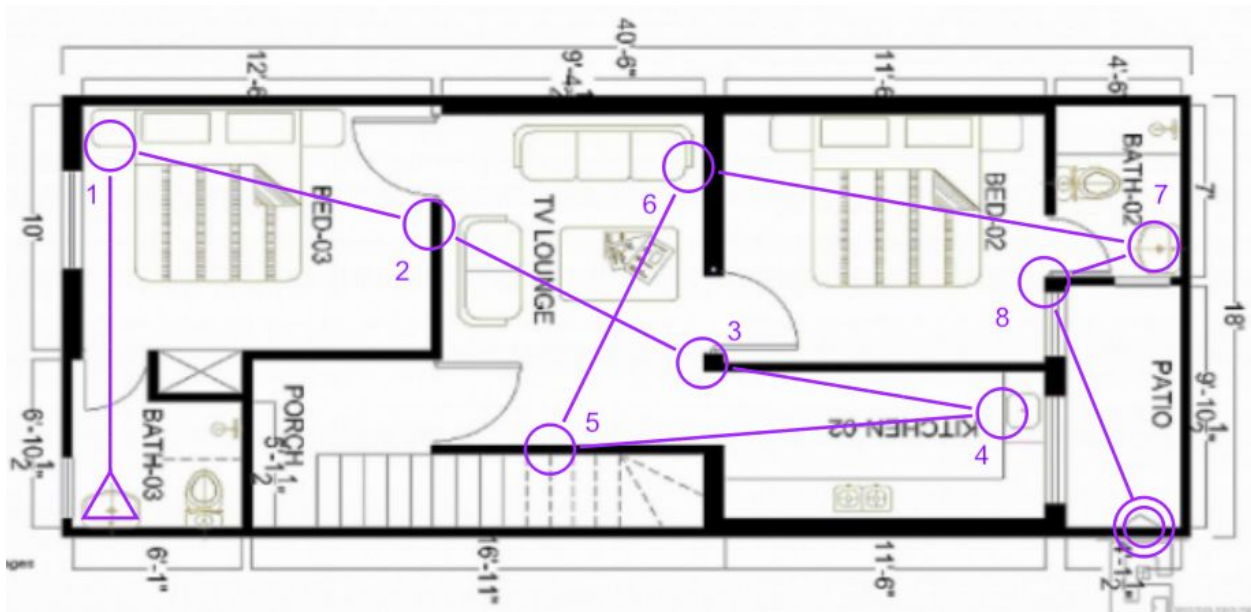
Instructions:

- Create an orienteering course on the map you made last week of one floor of your home.
 - If you do not have your map, feel free to quickly sketch one, do not worry about scale.
 - Remember that the start is a triangle and the finish is a double circle. The start and finish can be in the same place.
 - There will be activities at control 2,4,6, and 8 so make sure there is enough room to do the activities.
- Print and cut up the orienteering flags (below) and set up your orienteering course by placing the flags in the correct spot around your home
- using tape or sticky tack.
- Setup the activities that will occur at control 2,4, 6 and 8.
 - Control 2: Strength - **Roll the Dice**: Roll the dice to see how many of each of the following exercises you will do:
 - Pushups
 - Squats
 - Situps
 - Jumping Jacks
 - Control 4: Coordination - **Ball toss**: Try and throw all 3 balls into your target (pail/garbage can/tupperware).
 - Throw with your non-dominant hand.
 - Throw standing further from your target.
 - Throw backwards.
 - Throw through your legs.
 - Control 6: Endurance - **Penguin waddle**: Run around the room 3 times squeezing a ball between your knees.
 - Control 8: Strength - **Long jump**: Place 8 pieces of tape horizontally about about a foot apart. Start standing with your toes just barely touching the first line, jump and see how many lines you can clear.
 - Do a running start and see if you can jump further.
 - Jump on one leg .
- Complete the adventure run, making sure to do the activities at control 2,4,6 and 8.
 - Feel free to do it alone or with a friend.
- Post pictures on the SOGO Adventure Running Facebook page!

Equipment:

- Last week's map
- Printer
- Pens, pencils, pencil crayons
- Ruler
- Flags (down below)
- Scissors
- Tape or sticky tack
- Control 2: dice
- Control 4: 3 balls and a pail/garbage can/tupperware
- Control 6: a ball (a soccer ball or basketball ball are a good size for older kids, other things around the house can also be used like stuffed animals, plastic peanut butter jar, balloon, small cardboard box, yarn ball...)
- Control 8: tape and ruler

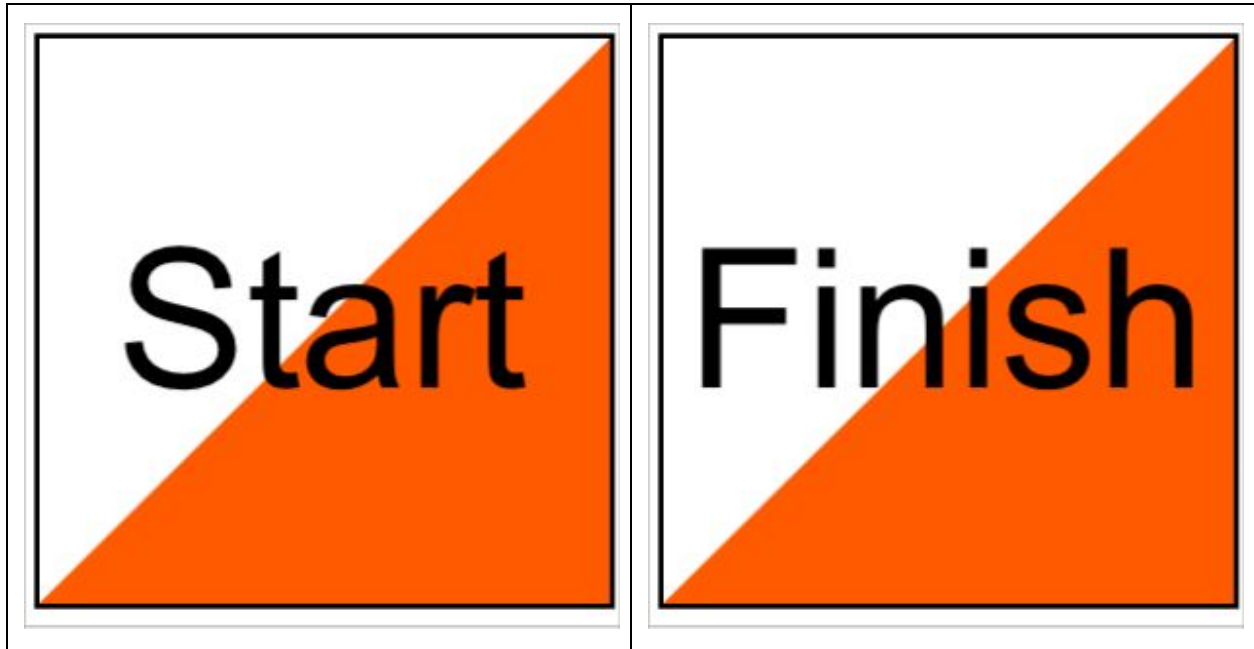
Example of an orienteering course around a home:



Thank you for the image: <https://zionstar.net/2-marla-house-design/>

 <p>1</p>	 <p>2 Activity</p>
 <p>3</p>	 <p>4 Activity</p>

 <p>5</p>	 <p>6 Activity</p>
 <p>7</p>	 <p>8 Activity</p>



Thank you for the activity ideas:

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>