

## Adventure Education Study Guide #1

### Adventure Education Key Concepts:

1. Safety is a priority in adventure education activities.
2. Have the courage to make your best effort to meet the daily challenges.
3. Gain trust and cooperate with your classmates and teachers.
4. Progression of the activities moves from simple to complex.
5. Play fair and in the “spirit” of the game/activities. It includes being honest and enthusiastic. Playing within the spirit of the game will show your classmates that you can follow the rules and play fairly.
6. Take the time to debrief (i.e., discuss strategies, concepts, and solutions) after class activities.

### Safety Rules:

1. Listen closely and **follow all directions** to maintain a safe environment for everyone.
2. **Stay away from gym walls** and other objects (bleachers, non-participants, etc.) that may provide a hazard around the edge of the playing area.
3. **Keep your head up** and watch for others coming in your direction.
4. Stay on your feet and keep your body in control when playing tag games.

### Other Important Class Rules:

1. Do not use **inappropriate language** in class.
2. Do not **criticize or put down** classmates by calling them names.
3. Do not **inappropriately touch** anyone intentionally.

**Icebreakers**-activities that allow the students to get to know one another, feel comfortable and safe taking risks and require good: listening skills, honesty, and communication.

1. **Address/Birth Date Line Up** - an icebreaker activity where students must work together to line up according to the number of their house, apartment, birth date, etc. without speaking or mouthing numbers.
2. **Action Name Game** - an icebreaker activity where participants have to introduce group members by saying the classmate’s names and demonstrating a favorite action.

**Cooperative (cooperation)**-activities that allow the students to work together to achieve success.

Cooperative games require: listening skills, safety, honesty, following rules and playing within the spirit of the game.

3. **Elbow Tag** - a cooperative game where everyone chooses a partner to link elbows, with the exception of the person who is “it” and the person who is being chased. The linked partners are stationary bases. If the person being chased links onto a base, the person on the opposite side of the base must break away from the base and link onto another base before being tagged.
4. **Everyone’s It Tag** - a cooperative game that starts with everyone being “it”. Once you are tagged by a classmate you are out of the game and must stand still or kneel on one knee. The object is to eliminate everyone except one person.
5. **Group Juggle** - a cooperative game where several objects (whiffle ball, rubber chicken, yarn balls, etc) are tossed around a circle in a predetermined pattern. The object is to work together to see how many objects a group can juggle without any object hitting the ground.

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6. **Minnesota Mosquito Tag** - a cooperative game where the “mosquitoes” (classmates designated “it” with a Pillow Polo Stick) try to bite (tag) the humans. If humans become frozen the only way to return to the game is if two fellow humans hold hands around the frozen human and say “Deep Woods Off”.
7. **Moon Ball** - a cooperative game where everyone in the class must juggle the moon ball (beach ball) as long as possible. You can only use your hands and you may not hit the moon ball consecutively. The concept is to get everyone into the action.
8. **Octopus Tag** (Add-on Tag) - a cooperative game where one person is designated “it” to start the game. When the “it” person tags a classmate, they then join hands and become a team to tag more people. As people are tagged they must join hands with the growing “octopus”. The octopus can only tag with the hands that are free. People attempting to avoid the octopus cannot go through, under or over the octopus.
9. **Rat Tail Tag** - a cooperative game that uses bandanas as rat-tails. The goal of this game is to collect as many rat-tails as possible while attempting to protect your own.
10. **Triangle Tag** - a cooperative game where a person that is designated “it” must see how many times he can tag a classmate (runner) in a specified amount of time. **Three other classmates join hands (forming a triangle) and attempt to protect the runner from being tagged.** The person who is “it” may not go through, under or over the triangle. The triangle may not elbow or use the body to impede the “it” person’s progress.
11. **Turnstiles** - a cooperative game where participants had to run through a turning jump rope as individuals, then as groups.

**Problem Solving**-activities that mentally challenge a group to accomplish a common goal; problem solving challenges: leadership, group involvement, communication and listening skills.

**Team Building** (team work)-activities that require the group to work together physically and mentally to accomplish a task; team building challenges: safety, leadership, listening skills, willingness to work as a team, accessing individual ability, and perseverance.

**Trust**-activities that require confidence and belief in the ability of self and classmates for a safe environment; trust activities challenge: safety, listening skills, focus, confidence, overcoming fears, following directions and concern for others.

**Tag Games**- are primarily played to teach cooperation among classmates. It is always important to play with in the spirit of the games.

## **Spotting and Safety:**

**Spotting:** Safety techniques used by the students to protect their classmate(s) participating in an activity. Spotting is used in problem solving, team building and trust activities. It requires primary focus on the participant. Regardless of the specific spotting technique being used the primary principle is to protect the participants’ **head, neck, and back** by providing support in the event of a fall.