

ADVENTURE EDUCATION "ICE-BREAKER" ACTIVITIES

The following games and activities can be used during the first few weeks as an introduction to adventure education. Please be familiar with the names and purposes of each.

<u>GAME/ACTIVITY</u>	<u>PURPOSE</u>
1. <u>Adventure Education Contract</u> Class rules and regulations made up and signed by students	Standards students should follow during class
2. <u>Silent Jumping Jacks</u> Entire class start jumping jacks together and end together	Concentration and Teamwork
3. <u>Silent Group Line- Up</u> Entire class lines up in the proper order without talking	Non-verbal communication
4. <u>Name Game w/(Food or Animal)</u> ex: "apple Amy", "meatball Mark" repeat everyones name around the circle then say your food name	To become acquainted with everyone To improve listening skills and memory
5. <u>Freeze Tag</u>	Exercise, quickness, strategy, fun
<u>Elbow Tag -</u>	Circle with a partner, connect elbows- constantly changing
<u>Bridge Tag -</u>	When tug, straddle legs, crawl under others to free them
<u>Butt-Head Tag-</u>	Butts try to tag Heads and vice-versa until all are one or the other
<u>Blob Tag -</u>	When tug you become part of the blob- only the ends can tag
<u>Tiger Tail Tag -</u>	Pinnies used to represent tail- only front of tiger can take the pinnie
<u>Three Ring Tag -</u>	Using the three basketball court circles the players must tag inside each circle before they get tagged by the person standing inside the circle and run to the opposite end of gym
<u>Battleship -</u>	When tug, person kneels down and becomes a "mine" who can tag anyone who runs by
6. <u>Moon Ball</u> Class keeps ball up in air w/o dropping to the ground	Teamwork
7. <u>Hula Hoop Pass</u> Teams of 8 or more, form a line holding hands. pass hoop from one end to other	Teamwork, communication, thinking skills
8. <u>Partner Stand-up</u> Sitting, back to back, try to stand sitting, facing each other, soles to soles	Team work, timing, strength

- | | |
|---|--|
| 9. <u>Asteroids</u>
Everyone with a soft ball
on 3, everyone tosses their ball and
then runs to retrieve their ball and throws
it at anyone around them | Quickness, strategy, fun, throwing skills |
| 10. <u>Blind Ball Tag</u>
Use blindfolds, partner has soft objects that
blinded partner uses to throw at other blinded players | Trust, listening, communication, throwing skills |
| 11. <u>Team Jump Rope</u>
See how many members of your team
can continuously jump the rope together | Teamwork, coordination |
| 12. <u>Human Knot</u>
in a circle, extend your right hand to someone
across from to their right hand. Do the same with left
hand but cannot be with the same person.
Do not let go - try to "unknot" | Problem solving, teamwork |
| 13. <u>Pipeline</u>
Each team has a set of two foot gutters that they
use to move marbles from starting line to end line.
If the marble falls on the floor, the team must start over. | Team work, eye-hand coordination, strategy |
| 14. <u>Calculator</u>
Numbers on floor with rope around perimeter.
All students must step one at a time and touch a
number until all are touched then race across a
finish line. | Teamwork, speed, communication |
| 15. <u>Chemical Spill</u>
Using only rope, try to pour hot
stuff from one can into the other | Problem solving, teamwork |
| 16. <u>Tug-O-War</u>
One team on either end of rope. One team tries
to pull the other team to their side. | Teamwork, strength |
| 17. <u>Blinded Nature Walk</u>
Use blindfolds, follow the lead
of your sighted partner | Trust, listening skills, communication |
| 18. <u>Partner Fall Back (Trust Fall)</u>
Standing, one partner back turned,
eyes closed, falls back 4" , 8" , 18"
other partner catches | Trust |
| 19. <u>Blade of Grass</u>
Group of 5 or 6 circle around person
in the middle, about 18" away. Person in
center closes eyes, stiff body falls slightly
forward as people on the circle pushes body around. | Trust, teamwork |

- | | | |
|-----|---|--|
| 20. | <u>Trust Fall</u>

Minimum of 6 spotters to catch
Faller who falls backwards from 4' – 6' height
into their arms(platform, bleachers, mats) | Trust, teamwork

COMMANDS
<u>Faller-</u> Ready to fall
Falling <u>Catcher(s)-</u> Ready to catch
Fall Away |
| 21. | <u>Team Ski Walk</u>
Wooden skis moving from one
point to another w/o falling off | Communication skills, teamwork
following commands, listening skills |
| 22. | <u>Island Hop</u>
Use wooden plank to get group from one
wooden island to another. | Problem solving, teamwork |

Adventure Education - Low Ropes Course

The following activities have been used on our outside course. Please know the names and objectives of each.

<u>ACTIVITY</u>	<u>OBJECTIVES/Purpose</u>
1. Horizontal Rock Climbing Wall (with bridge)	To traverse the wall from rock to rock- upper body strength
2. Tire Traverse	To get from the start to finish without touching the ground- upper and lower body strength
3. Hickory Jump	Person on 6' platform dives forward into catchers arms- trust
4. Nitro Crossing (hanging rope and hoop)	To transport a group of students across an open area using a rope to swing on- upper body strength
5. Whale Watch (wooden platform)	To have the group successfully get onto the platform without tipping to either side- balance & teamwork
6. Mohawk Walk (swinging Log)	To get from one tree to the other tree on swinging log without touching the ground- balance
7. Monkey Crawl (suspended rope 5' from the ground 20' between two trees)	To improve upper body strength and balance by horizontally traversing rope
8. 3 Rope Traverse	Use the hanging ropes to get from one to the other- difficult rope transfers
9. Partner Traverse (two cables shaped into V)	Using your balance and a partners balance to get from one tree to the other using the ball and socket grip - fist/open hand)- teamwork
10. Fidget Ladder (swinging rope ladder)	To improve balance skills and coordination by climbing from the lower section of the ladder across to the higher section

- | | |
|--|---|
| 11. Electric Fence
(bungy cord between trees) | To get group up and over the fence without touching it - teamwork |
| 12. Spider Web | To move the entire group through the openings w/o touching web
-teamwork |
| 13. Triangular Traverse | Three cables shaped in triangle, use only one rope to make around
entire triangle- long, flexible cables |
| 14. Hourglass Traverse | To traverse from one tree to the the other and holding onto the
ropes, pass partner in the center -teamwork |
| 15. Porthole | To pass all members of the group through a suspended tire to the
other side- teamwork |
| 16. Team Wall | To get entire each person up and over the wall- teamwork |
| 17. Open Fire Pit | To make it from one side to the other- balance |
| 18. Obstacle Course
- Agility Tire Run
- Running Ramp
- Up and Over Wooden Posts
- A - Frame Wall
- Bridge Run
- Cargo Climbing Net (hardest obstacle)
- Zig Zag Balance Walk | To start and finish by getting up, over, around, through, all obstacles
- strength, speed, balance, agility |
| 19. Giant Finger | To get tire up and over as well as off tree- teamwork |
| 20. Tower Climbs (Outside)
- Rock Climbing Walls
- Repelling Wall
- Cargo Net | To get from the bottom to the top by using rock holds and harness
equipment and to get from the top to the bottom by repelling |
| 21. Wall Climbing (Indoor)
- Rock Climbing Walls
- Rope Ladder
- Firecracker Ladder | Same as Outdoor Climbing |