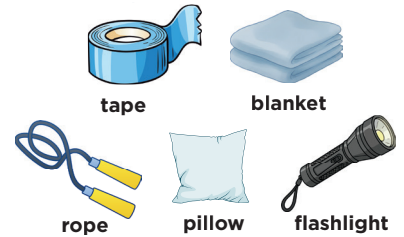




OBSTACLE COURSE

Materials:



Attention, Elite Explorer! Your home has just been transformed into a high-stakes 'Jungle Sector,' and the path to the Lost Academy is finally open. You'll solve secret codes and puzzles mid-action to prove that your mind and body are the ultimate survival team. Gear up and prepare to move, because only the sharpest explorers will conquer the heat and claim the prize! And be sure when your mission is complete that you put everything back where you found it.

STATION 1 The Vine Walk

Setup: Lay tape/rope down on the floor in a line.

Third - Fifth Camper

"Navigator, the ridge is thin. Cross it heel-to-toe. As you move, you must solve the 7-Times Table. Start at 7 X 1 and don't stop until you reach the end."

Middle School Camper

"Commander, use your linguistics. For every step on this ridge, you must name a word with the root PORT, meaning 'to carry.' If you repeat a word, you restart the ridge."

STATION 2 The Marshmallow Marshes

Setup: Place identical identifying objects scattered on the ground. (pillows)

Third - Fifth Camper

"Stability check! Balance on one leg on that pillow. Explain what happens to the consumer (you) if the producer (your food) dies and a link is broken in the food chain."

Middle School Camper

"The Earth is moving! Hold a plank between those two pillows. While the 'plates' shift, explain how convection currents in the mantle move the Earth's crust."

STATION 3 The Ancient Tunnel

Setup: Create a pillow fort or crawl under something.

Third - Fifth Camper

"I have a supply list for you: Matches, Compass, Canteen, Mirror. Crawl through the cave and recite those four items to me in REVERSE order when you exit."

Middle School Camper

"You found a scroll. Convert the ancient sentence from Passive Voice to Active Voice." "The ancient golden idol was protected by a swarm of poisonous spiders."

Challenge yourself to create your own quests for each station.

At Home/Inside

Focus on "Precision": Building a card tower or using "tongs" to move socks.

At the Park/In the Yard:

Focus on "Agility": Sprinting between "checkpoints" and doing burpees.



One More Thought: Now that you have completed the activity, think to yourself "What was the hardest part for my brain? What was the hardest part for my body?"