

Name/Title: Fitness Scavenger Hunt

Purpose of Event: To increase student's heart rates and improve their physical fitness.

Suggested Grade Level: 9-12

Materials Needed:

[Scavenger hunt worksheet PDF](#) ([Word Doc so you can edit](#))

[exercise list](#) ([Word Doc so you can edit](#)), and a writing utensil for each group.

Description of Idea

I needed to get creative due to the limited facilities available to me for a fitness class so I decided to combine fitness with fun and excitement. I asked all teachers who had prep during my class if they would help me out. I gave them a specific exercise they would tell students to do. Instruct students to use the clue #1 on their worksheet to find what teacher they need to visit. They must go to that teacher, do the exercise that you assigned to them and the teacher then signs their paper and sends them on their way. I told them they didn't have to go in order after #1, but wanted them to start on #1 so they weren't all at the same teacher. After the teams are done they need to come find you to claim their place. I added a little surprise at the end and had them go visit our school cop (wasn't listed on the worksheet). Our police officer had one more workout they had to do. I have worksheets anyone can use for templates if interested in this activity. The students really enjoyed this activity! I am listing the exercises I had them do below.

3 rules:

1. QUIET in the halls
2. If a team is already in a classroom you have to wait or go to another one and come back.
3. If the teacher isn't their room for some reason, go to another one and come back.

I gave the winning team mini gatorades although they probably wouldn't have gotten those if I didn't already have them in my mini fridge from earlier in the year.

Exercise ideas (feel free to change and adapt):

50 Jumping Jacks
1 minute plank
15 burpees
50 bicycles (abs)
20 push ups
50 mountain climbers

15 lunges each leg (30 total)
50 calf raises
50 High Knees
25 V up/roll up
50 mason twist/boxers/Russian twist
1 minute wall sit
50 Butt kicks
30 ab throw downs

[Scavenger hunt worksheet PDF](#) ([Word Doc so you can edit](#)) and an [exercise list](#) ([Word Doc so you can edit](#)),

Teaching Suggestions:

As students are going around doing the scavenger hunt, I roam around to make sure they are behaving and also doing the exercises correctly. I also give some encouragement as they complete the tasks.

Submitted by **Shannon Hurst** in Sandy, UT. Thanks for contributing to PE Central! **Posted on PEC: 1/20/2015**

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