

Name/Title: Fitness is Fun! Scavenger Hunt

Purpose of Event: To have students elevate their heart rate and practice fitness skills.

Prerequisites: Students must have prior practice with push ups, sit ups, jumping jacks, skipping, galloping, and other fitness skills you wish to include.

Suggested Grade Level: 3-5

Materials Needed: Crayons, [Scavenger hunt worksheet PDF \(Microsoft Word\)](#), jump ropes, hula hoops, cones, noodles, agility ladders, fitness steps, gymnastic mats.

Additional Worksheets:

[Fitness Scavenger Hunt 2](#)

[Easter Egg Fitness](#)

Description of Idea

To save on paper, I have the students get into groups of 3-5. You can make this an individual assignment but each student would need a worksheet. Personally I like watching the teamwork so small/medium groups work great!

Each group gets one worksheet to complete together. The teams move around the gym completing each task given. I place boxes of crayons around the perimeter so once the task is complete they get to color in the space (take turns).

Each group member must complete the entire task in order to move on.

I have the equipment spread out in a way that allows maximum movement but in a safe manner.

You can customize the scavenger hunt to work with any time of the year (pumpkin, snowman, beachball), any unit you are working on (fitness, basketball skills, football skills, etc)

All of the worksheets are above in the Materials Needed section.

Variations:

Use for Easter. See above for that worksheet.

Assessment Ideas:

There are a few tasks that the students must be counting or naming bones, fruits, veggies out

loud. I tell them if I can hear them nice and loud they will be awarded "Dragon Dollars"

I am constantly walking around and listening for understanding. If they are supposed to be naming fruits and I hear veggies I stop and ask them to try again.

Teaching Suggestions:

Most kids will love this and be dripping sweat by the end. Some will try and be sneaky and color in a task that they haven't completed so make sure you are watching. I stress to my students that I look for quality not quantity. Not how quickly you can finish, but how well you work together and show good form.

I give out "Dragon Dollars" to teams working together and showing good form with push ups, sit up, jumping jacks etc.

I also tell them that if they finish too quickly then all they get to do is sit and watch everyone else complete their sheet. This usually stops those student who want to zoom through the activity.

Adaptations for Students with Disabilities:

This activity is great for kids with certain disabilities because you have them working with a friend that can help them when needed. You can even make a more personalized scavenger hunt sheet with alternative activities that are better suited for their abilities so they don't feel left out.

Submitted by **Jessica Risien** who teaches at Bowie Elementary in Rosenberg, TX. Thanks for contributing to PE Central! **Posted on PEC: 3/1/2017.**

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