



1. The name of the activity is Survivor Houghton.
2. The activity is designed specifically for a 10th grade physical education class, but I feel it could be appropriate for all high school grade levels.
3. The following equipment is needed for this activity:
 - 4 tribal flags (wood stick with bandana attached—each team has a different color)
 - 16 resource challenge cards (4 water, 4 food, 4 fire, and 4 shelter)
 - Gym floor tape
 - 4 laminated turkey targets
 - 4 playground balls (4 inches in diameter)
 - 4 large Gatorade jugs
 - 4 folding mats
 - 20 noodle pieces (about 1½ inches in length)
 - 4 laminated fire cards
 - 4 unassembled camping tents
 - bandanas/blindfolds for all students (each tribe has its own color)
 - 4 agility ladders taped on gym floor
 - 12 jump ropes (varied lengths)
 - 4 sets of 2 small cones with rope spread from one cone to the other
4. The students are split into four teams called tribes. Each team is given a tribal flag with their tribal name on it and each player is given a bandana. The tribes are “stranded” at different locations throughout the “western New York wilderness” (gym) and are given a few essential supplies including: 4 resource challenge cards, 1 raft (folding mat), 1 arrow (playground ball), 5 logs (noodle pieces), and 1 unassembled shelter (tent). The tribes have 30 minutes to obtain the resources of water, food, fire, and shelter. These resources are obtained by successfully completing the challenge listed on the resource challenge cards. (Each tribe has a resource challenge card for water, food, fire, and shelter). The resources can be obtained in any order. At the end of 30 minutes, tribes that have successfully obtained all the resources have earned the right to participate in the final Survivor Houghton team challenge. The tribe that wins the final team challenge earns the title of “Sole Survivor”. For the final challenge, tribes must work together to get all tribal members through the obstacle course as quickly as possible. The first tribe to have all its tribal members successfully through the obstacle course wins and earns the title “Sole Survivor”. (Additional information about the resource challenge cards and the obstacle course is included later in this document).
5. The activity addresses the following National Standards:
 - Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity setting.



WATER CHALLENGE

There is a container of drinkable water sitting in a half-sunk rowboat located in the middle of a lake. The lake is infested with blood-sucking leaches, poisonous water snakes, and snapping turtles,

In order to obtain the water, your tribe must use the raft (mat) to get across the lake (gym) to the container of drinkable water (Gatorade jug).

All tribal members must go together on the raft. If any body part of a tribal member touches the lake (gym floor), the tribe must start the challenge over again from the beginning.

The water container must be brought back with the tribal members on the raft. It may not come in contact with the lake (gym floor). If it contacts the lake, the tribe must start the challenge over again from the beginning.



FOOD CHALLENGE

It is not easy to find food in the western New York wilderness where you are stranded. As time goes by, it is becoming more and more critical that your tribe find food.

Your tribal members need to take turns trying to get wild turkey using an arrow. One at a time, tribal members should take the arrow (playground ball), run across the fields (gym floor) to the yellow line, and then try to hit the wild turkey (target on the wall). Each tribe member should retrieve the arrow (playground ball) after attempting to hit the wild turkey and then return as quickly as possible to the tribe. Another tribe member should then take the arrow and try to hit the turkey.

Your tribe must hit the wild turkey (target on the wall) ten times in order to obtain a sufficient amount of food to feed your tribe.

Once the wild turkey (target on the wall) has been hit ten times, bring the wild turkey (target on the wall) back to your tribe as evidence of obtaining food.



FIRE CHALLENGE

It is important for your tribe to obtain fire in order to stay warm in the cold western New York winter and also to be able to cook the wild turkey for food.

Your tribe has been given five logs (noodle pieces). Place the logs on top of each other in preparation for fire.

Now all of your tribal members need to take part in a “fire dance” in order to have fire appear.

Your tribe must do the following all together as part of the “fire dance”:

- **Grasp hands or arms and form a circle around the pile of logs. Circle around the logs twice clockwise and twice counterclockwise.**
- **Spread your tribe around the log pile and have all tribal members do 25 jumping jacks.**
- **Spread your tribe around the log pile and have all tribal members do 30 crunches.**
- **Spread your tribe around the log pile and have all tribal members do 15 push-ups. (Modified push-ups are acceptable for tribal members who cannot do regular push-ups).**
- **After completing the “fire dance” activities listed above, have all your group members together count “1, 2, and 3” and then yell “FIRE!”**

If the “fire dance” activities were performed correctly, yelling “Fire” should result in fire appearing.



SHELTER CHALLENGE

It is important for your tribe to build a shelter to protect your tribal members from the harsh, cruel western New York winter weather.

Your tribe has been given an unassembled shelter (camping tent). At this time, one tribal member needs to be selected as the overseer of shelter construction. All tribe members except the overseer need to cover their eyes with their bandanas (blindfold) to protect themselves from the harmful, eye-sight destroying toxins that may be released during shelter construction.

The shelter construction overseer may not touch the shelter materials or tribal members participating in shelter construction. The overseer may only use verbal cues to direct the tribal members.

Once the shelter has been successfully constructed (determined by the overseer), the tribal members may remove their bandanas as there is no longer a risk of harmful toxins causing damage to their eyesight.



FINAL TEAM CHALLENGE

All tribal members will gather at their tribe's designated starting location. After receiving instructions for the final challenge, the tribes will be given 3 minutes to develop a strategy for completing the challenge.

More than one tribal member may go through the obstacle course at a time. However, the next tribal member in line may not begin the obstacle course until the tribal member in front of him/her has completed the agility slides.

The first tribe to have all its tribal members complete the obstacle course wins.

The obstacle course contains the following activities that must be completed in order:

- Down Agility ladder (right foot steps in, left foot steps in, right foot steps out, left foot steps out—go to the next rung of the ladder and repeat)**
- Jump rope 20x**
- 14 agility slides (in defensive position, shuffle right to left—touching lines with foot)**
- Push up position to plank position 8x**
- 2 circle push-ups (1x to the right and 1x to the left)**
- Lateral jump 20x (attach a rope to two low cones so that it can be jumped over)**
- Crab walk to finish line**



Clip art for wall target and fire

