

Lesson Plan Title

Iditarod Scavenger or Checkpoint Hunt

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Discipline: Physical Education

Topic: Aerobic Exercise

Grade Level: 4th thru 12th

Resources / References / Materials Teacher Needs: 26 cones, scavenger items and cards, checkpoints cards, checklist.

Lesson Summary: Participants will work together as a team to collect scavenger hunt items or checkpoint cards while enjoying a fun aerobic workout.

Standard's Addressed: (Local, State, or National)

Wisconsin Physical Education Standards:

A.8.2 – Participate regularly in health-enhancing fitness activities.

B.8.4 – Explain how people can enjoy an activity if they are not gifted athletes.

D.8.1 – Feel satisfaction when engaging in physical activity.

F.8.6 – Work cooperatively with a group to achieve group goals.

G.8.4 – Respect the physical and performance limitations of self and others.

Learning objectives: Participants will work together to achieve a group goal through aerobic activity while respecting the abilities of others and enjoying physical exertion.

Assessment: Observation and completion of game.

Procedural Activities: Twenty-six cones are placed on a football or soccer field. A scavenger item or replica is placed under each cone along with cards (1 for each group) identifying the item. Teams consist of 3 or 4 people – a checker and 2 or 3 runners. A list is given to the checker of each group. The checker stand at center field. The 2 or 3 runners hook arms and run to the cones on the field searching for the first item. When they find their first item, they take one of the ID cards and return to their checker who checks the item off the list. One of the runners becomes the checker and the checker hooks arms with the other runners and begin to search for item number 2. The hunt continues until a predetermined time has lapsed or until all teams have completed the hunt. If the hunt is timed, the team having found the most items is the champion. If the hunt goes to completion, the team finishing in the shortest amount of time is the champion. The team that finishes last receives the Red Lantern Award.

VARIATION: Checkpoint names could be located under the cones in place of the mushing gear.

Materials Students Need: Enthusiasm

Technology Utilized to Enhance Learning: If check points are used for the hunt, students can find a map by searching the internet.

Modifications for special learners/ Enrichment Opportunities: To include students with physical limitations, adaptations can be made in the checker/runner rotation or the hunt should be done on time.

Other Information: Suggested items for scavenger hunt –

Dog	Dog Food	Vet Notebook
Sled	Dog dish	Snow shoes
Sled Bag	Neck Line	Musher's Bib
Snow Hook	Straw	Mittens
Snub Line	Axe	Parka
Harness	Cooker	Mukluks
Bone	Pot	Goggles
Collar	Sleeping Bag	Hand & Toe Warmers
Dog Treats	Booty	

Notes: Cooperation between team members is a key issue. Remembering the location of items or checkpoints you find while in the process of searching might remind you of the old game, Concentration.

