Grade 6-7-8
Distance Learning Module 8: Week of: May 26th – May 29th

Grade 8 Physical Education - *Outdoor Activities Scavenger Hunt 2*

Name_____

Directions:
Play as either a small group against others in your family or as a big family team and see how many points you can earn by completing the different challenges.
Most of these activities can also be done **alone** with no competition or timing. Please complete the challenges by the end of the week, minimum 5 challenges. Check them off as you go and add up your points.
TIP: DO TWO OR THREE A DAY FOR 2 OR 3 DAYS

100 POINT CHALLENGES	COMPLETED?
Run around your house 6 times...take a break in between each run	
Long Jump-Lay out a tape measure and practice long jumping on grass. Be sure to get a running start/approach. Take off on one foot and land on two feet. Remember the pit at Brown School? The measurement is where the back of your foot lands.	
Flashback Field Day-Wheelbarrow Race. One team member holds the legs of the other, as if the handles of the wheelbarrow. The team member playing the barrow, runs on his/her hands. GREAT activity for cooperation and arm strength!	
At least 10 feet apart play catch with someone-30 catches in a row no drops Or throw a ball to yourself off a wall	
SUBTOTAL OF POINTS:	!

200 POINT CHALLENGES	COMPLETED?
Flashback Field Day-Three legged race! Tie one player's left leg to their partner's right leg. Practice walking together until you get a rhythm, then jog or run. If you have enough people...have a race. TIP: use something soft like an old t shirt or necktie	
Balance an object on your head such as a book and walk from point A to point B Do this at least 3 times	
Pick a start line and a finish line and race someone else OR time yourself	
Pin knockdown-use a water bottle or laundry bottle. Set it up and try to knock it down by kicking a ball, throwing a ball, or hitting a ball. Increase your distance for a challenge.	
SUBTOTAL OF POINTS:	

300 POINT CHALLENGES	COMPLETED?
Have someone hide 5 bright objects (i.e.plastic eggs) around the yard. Try to find them all, while walking fast or jogging the entire time.	
Create your own bowling game with items from home. Can you bowl a strike?	
Driveway Olympics- **PICK ONE** water balloon toss, egg toss, or cube of ice toss Take a step back each time you complete a toss	
Throw a small rock at a tree and hit it from distances of 10, 15 and 20 feet Be sure you are not throwing near people or breakables	
SUBTOTAL OF POINTS:	

TOTAL POINTS: _____