

Scavenger Hunt

Objective: To work together in a cooperative way with a partner and to increase their cardio respiratory endurance.

Equipment: Outdoor track or other designated area, scavenger list below, plastic grocery store bags for each team

How to Play: Divide class into groups of 2 or 3. Give each group a list and a plastic bag to carry their treasures in. They are to continue to look for the items on the list until the whistle blows.

Scavenger Hunt List

- Rock
- Pine Cone
- Newspaper
- Large Leaf
- Insect
- Wild Flower
- String Or Rope
- Pencil Or Crayon
- Gum Or Candy Wrapper
- A Surprised Treasure That You Pick

This Activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.