**Amazing Race – Can you Cache Me?**

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**Want to get your students excited about exercise? Try this fun geocaching activity that gets your students up and moving!**

**You will need:**

A large space outdoors with room to run, kick a ball, and do some outdoor physical activities.

GPS Device

Clue Sheet

Equipment for the activities

Parent volunteer at each station

**You can work with your school’s PE teacher to help develop some fun activities that will challenge and engage the students. Here are some sample activities: (note that these are meant for groups and not for individuals)**

**Activity 1**

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| **Working in groups of two (or 4) you will complete the following task:****Your shoes have been scattered throughout the front yard. You and a partner will need to find your shoes, put them on and race back to your first coordinate for the first clue.** **But there is a catch: you cannot touch your own shoes with your hands. Your partner has to put on your shoes for you and you have to do the same for them.**  |

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|  **BLIND-SIGHTED CATCH**One team member will be blindfolded and must catch 20 sponge footballs thrown by the remaining team members standing 4 meters away. All team members must take a turn throwing a football. Once 20 footballs have been caught, you will receive the next coordinate.  |

**Activity 2**

**Activity 3 Activity 4**

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| * Mark two parallel lines 30 feet apart and place an empty bucket behind one line and a full bucket of water behind the other line.
* The team will need to fill the empty bucket with the water from the full bucket by filling a container and racing to the other end to begin to fill the empty one.

Teams will tag off like a relay taking turns filling the bucket. Once the far bucket is filled, they may proceed to the cache.  | Your group will see who can stand the longest while balancing a bucket of water on your head without using your hands.Each of you will need to hold the bucket at least 5 seconds before moving on to the next coordinate! |

**Activity 5 Activity 6**

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| **Working in groups of two (or 4) you will complete the following task:****Your shoes have been scattered throughout the front yard. You and a partner will need to find your shoes, put them on and race back to your first coordinate for the first clue.** **But there is a catch: you cannot touch your own shoes with your hands. Your partner has to put on your shoes for you and you have to do the same for them.**  | MaterialsPotato5 SkittlesBendy StrawsInstructions1) When clock starts, player stands 5 straws into potato, then balances a skittle candy on each straw.2) To complete game, 5 skittles must rest concurrently on straws for 3 seconds within the 60-second time limit.Bonus Tips1. Make sure to have plenty of extra bendy straws on hand.2. If you can’t jam a straw into the potato, bake the potatoes for a few minutes before hand. This allows them to soften a bit. Don’t bake them too long though!  |

**Have a parent supervise each station. Once the students have completed each task, they are awarded a coordinate to geocache.**

**Group 1 begins at activity 1 and will get coordinate 1**

**Group 2 begins at activity 2 and will get coordinate 2**

**Group 3 begins at activity 3 and will get coordinate 3**

**Group 4 begins at activity 4 and will get coordinate 4**

**Group 5 begins at activity 5 and will get coordinate 5**

**Group 6 begins at activity 6 and will get coordinate 6**

**If time allows, let kids to a few rotations.**

**In each box, students will get a little cache, (homework pass, coupon to eat with teacher, 5 extra minutes on the computer…..)**

**Have fun!**