

Amazing Race – Can you Cache Me?



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



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.

Activity 2





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 3

Activity 4

 <p>The sign for Activity 3 features a black background with a yellow horizontal bar at the top. Below the bar, the words "THE AMAZING" are written in white, and "RACE" is written in large, bold, yellow letters. A second yellow horizontal bar is below "RACE". Underneath, the words "ROUTE INFO" are written in white on a blue background. At the bottom, there are four white square icons: an airplane, a car, a train, and a boat.</p>	 <p>The sign for Activity 4 is identical to the sign for Activity 3, featuring the same text and icons.</p>
<p>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.</p> <p>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.</p> <p>Teams will tag off like a relay taking turns filling the bucket. Once the far bucket is filled, they may proceed to the cache.</p>	<p>Your group will see who can stand the longest while balancing a bucket of water on your head without using your hands.</p> <p>Each of you will need to hold the bucket at least 5 seconds before moving on to the next coordinate!</p>

Activity 5



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.

Activity 6



Materials
Potato
5 Skittles
Bendy Straws
Instructions
1) 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 Tips
1. 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!