

Ringbinder Contents

1. Challenge Course Activities

These 7 activities, designed and built by Palmerston North Lions groups, are for pairs or teams of young people who need to co-operate in problem-solving to work out how to accomplish each activity.
Equipment is supplied.

2. Problem Solving Activities

These 6 activities have been taken from Scouting books.
Equipment is not supplied.

In this ringbinder is a master sheet for each of the two above groups, listing all the activities.
Each activity in both groups has a separate page which can be used by each activity-organiser if needed.

Teams can compete against each other, or repeat activities to better their own time.

If a circuit of activities is organized, using either or both of the above groups, it may be necessary to provide "time filler" activities, e.g. running round the field, to occupy teams which complete their activity before they are able to move on to the next.

Challenge Course Activities

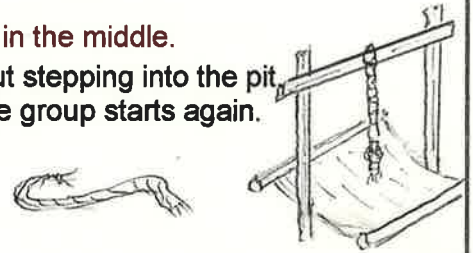
More details are available in the Challenge Course ringbinder at Sixtus Lodge.
All equipment is provided..

Acid Bath

Aim: To get the whole group over the dip without touching the ground in the middle.

Rules: The group needs to work out how to get the swinging rope without stepping into the pit.
If anyone touches the ground in the middle at any time, the whole group starts again.

Loose equipment: A rope (2 mtr) - in the cleaning shed.

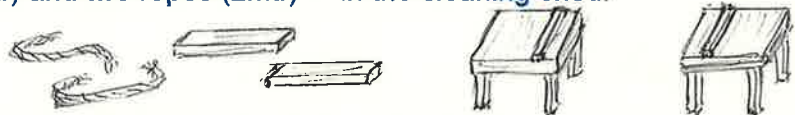


Alligator Pit

Aim: To get the whole group from one platform to the other.

Rules: If either a child or a plank touches the ground between the platforms, the whole group has to start again.

Loose equipment: Two green planks (1.5 mtr) and two ropes (2mtr) - in the cleaning shed.

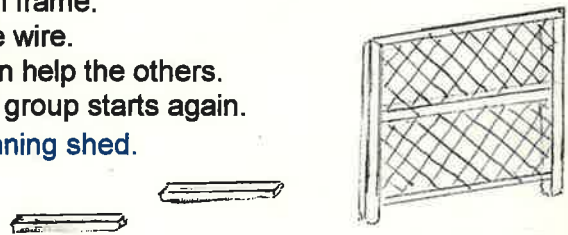


Electric Fence

Aim: To get the whole group over the fence from the frame side to the other side.

Rules: No-one can touch any part of the wire or the wooden frame.
The planks may touch the wooden frame but not the wire.
No child, who has completed crossing the fence, can help the others.
If any child touches any part of the fence, the whole group starts again.

Loose Equipment: Two green planks (1.5 mtr) - in the cleaning shed.

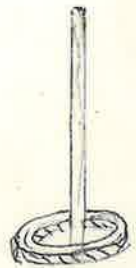


Thread the Needle

Aim: For each member of the group to remove and replace the tyre as quickly as possible.

Rules: The tyre must touch the ground when put over the pole and when taken off.

Loose equipment: A motorbike tyre. - in the cleaning shed.

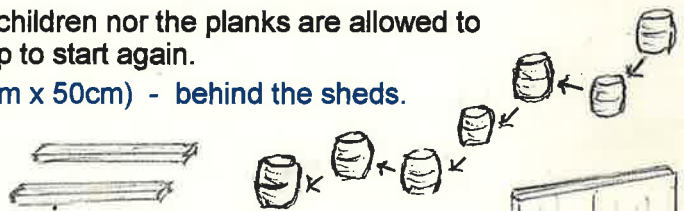


Broken Bridge

Aim: To get the whole group from barrel to barrel without touching the ground.

Rules: Once they have started crossing, neither the children nor the planks are allowed to touch the ground. The penalty is for the group to start again.

Loose equipment: Two green planks (2.8 mtr x 100cm x 50cm) - behind the sheds.

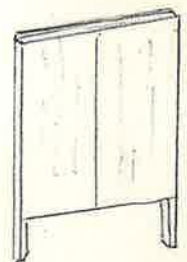


Scrambling Wall

Aim: To get the whole group over the wall from the smooth side to the back.

Rules: No-one is allowed to help another child except from the top of the wall.

Loose equipment: None.



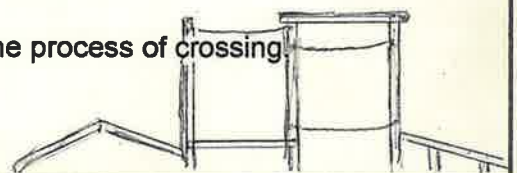
Wire and Plank Walk

Aim: To get the whole group from one end to the other.

Rules: Once they have started crossing, no child is allowed to touch the ground.
The penalty is for the whole group to start again.

Children are able to help each other, only if they are also in the process of crossing

Loose equipment: None.



Challenge Course – suggestions for users

The Activities

Acid Bath
Broken Bridge

Scrambling Walk
Alligator Pit

Electric Fence
Thread the Needle

Wire and Plank Walk

Their Use

The activities are primarily group problem-solving challenges, encouraging small teams of young people to co-operate in finding how to complete each activity. Various solutions are possible for each activity.

See the ringbinder **Challenge Activities**, or the green clearfile **Sixtus Lodge**, for suggestions as to how these pieces of equipment can be used as problem-solving challenges.

Group leaders may need to adapt the activities:
to suit the ages and abilities of the group, and
to meet the set learning objectives.

Planning

Know what skills you want to develop when doing the course: physical, social – individual or co-operative.

Will the activities be done as outlined on each activity-chart. Or adapted?

Will the activities be done in teams or 3, 4 or 6, in pairs, or (for older students) individually?

Will it be a time trialled activity? (Perhaps done a second time to try to improve on the first.)

Will the sequence of activities be important?

Will all the activities be used? If so, how?

The challenge activities won't all take the same time to complete.

Having teams waiting for others to complete an activity can be undesirable.

What will teams do while waiting for an earlier group to complete an activity?

Brainstorm with the students/supervisors for ideas: scoring relay runs, skipping (provide own ropes) etc.

Discuss with supervisors how to give encouragement, to encourage lateral thinking even if it doesn't work, but not to tell the teams what to do.

Pre-Activity Instructions

Ensure that all "loose" equipment is in place. Walk the children round the course.

Ensure that all players know what they are trying to achieve at each activity.

Discuss co-operative problem-solving, and the "try, try and try again" method.

Discuss safety issues, and care of equipment.

During the programme

Encourage children to work out how to complete each activity, to learn through trying.

Keep your input to a minimum. Encourage creative thinking, even if you can see it won't work.

Say "Try and see if your idea works," instead of "Do it this way."

Say "That was a good try," instead of "That didn't work, did it."

Post-Activity Debriefing

Discuss: Which activities required the most discussion?

Which was the most challenging? Why? How did you solve it?

Which was the most fun? Which required the most discussion and co-operation?

What has been learnt? Where else in life might that knowledge be useful?

Discuss alternative ways of achieving the goals, "what if" etc.

Children/groups might like to try alternative ways in their own time.

And Finally

Please give someone responsibility for checking that the 4 short planks, the 3 ropes and the tyre are stored in the Mop Room, and the long planks are put behind the shed before your group leaves.

Notify David Bertram, 358 0926, if any equipment is broken or missing.

Problem Solving

Teams can compete against each other, or against their own previous time.
No equipment is provided at the lodge.

Group Untangle

Aim: To untangle the group to make an unbroken circle, without letting go of hands.

Method: The group stands in a circle. Each member of the group holds the hands of two people not beside them. They try to unravel themselves until they are in a single circle. They must not let go of the hands at any time, but can rearrange their grip.

Loose equipment: None

Blindfold Line Up

Aim: To get blindfolded people to line up in numerical order without speaking.

Method: Blindfold each person. Ask them to mingle for 10-15sec with hands up in front of their face, palms facing forward. Stop them, then tap each person on the shoulder as you randomly give them a number. Then ask them to move silently into a line in numerical order. Reinforce the No Talking rule.

Loose equipment: A blindfold each e.g, a handkerchief, hand towel, scarf, sock.

Circle the Circle

Aim: To transport the hoops around the circle without letting go of hands.

Method: Have the group (6-10) form a hands-joined circle.

Place two hula hoops together, between two people (resting on their joined hands).

See how quickly the two hoops can be moved in opposite directions, from joined hands to joined hands, around the circle and back to their starting points.

If a hoop is dropped it must begin again.

Large groups can have more than two hoops operating at the same time.

Loose equipment: At least two hoops

Minefield

Aim: To transport the whole group across the defined area without anyone touching the ground.

Method: Select a suitable area free of obstacles. Define the area with a rope at each end (about 10m apart). Give the group about 5 or 6 hardboard (or similar) squares about 30cm square. These are the only objects to touch the ground.

On command, the group is to invent a method to get the whole team to the other side of the area.

If any team member touches the ground on the way across, they (and anyone touching them at the time) must return and start again.

To complete the activity, the team must get all across and have all the squares with them.

Equipment: 2 ropes. 5 or 6 hardboard squares (30cm square)

Hoop Relay

Aim: To move the hoop through the file of people without letting hands go, until everyone returns to their original position.

Method: Have each group (6-10 people) form a line facing you with their hands joined front and back.

On the starting signal, the front person places a hoop over their head and, without touching it with their free hand, moves it on to the next person. When that hoop reaches the third person, another hoop is started until all four hoops are moving.

When the last person in the line receives the first hoop, they run to the front of the line, join hands with the now second person and restart their hoop. Continue until all members of the team have returned to their original positions.

Variation: The game can be made more difficult by joining hands between the legs of each participant.

Equipment: 4 hoops per group

Toxic Waste

Aim: To remove 4 toxic containers from inside a circle without any team members stepping inside the circle or making contact with the containers. (Toxicity is nullified once the containers are outside the contaminated area defined by the circle.)

Method: Mark out a 4m radius circle (spray paint is ideal on grass).

Place the four containers in the centre of the circle with a little space between each. The team should try to remove each container from the circle without spilling any of the contents, without dragging the containers (friction is dangerous), or without stepping into the circle.

Equipment: 4 four-metre ropes

1 bicycle tube

4 five-litre containers with lids for three. One container empty (toxic air), one full of water - no lid (toxic liquid), the third filled with a light substance e.g. sawdust (toxic solid) and the fourth filled with a heavy substance e.g. sand (toxic heavy metal).

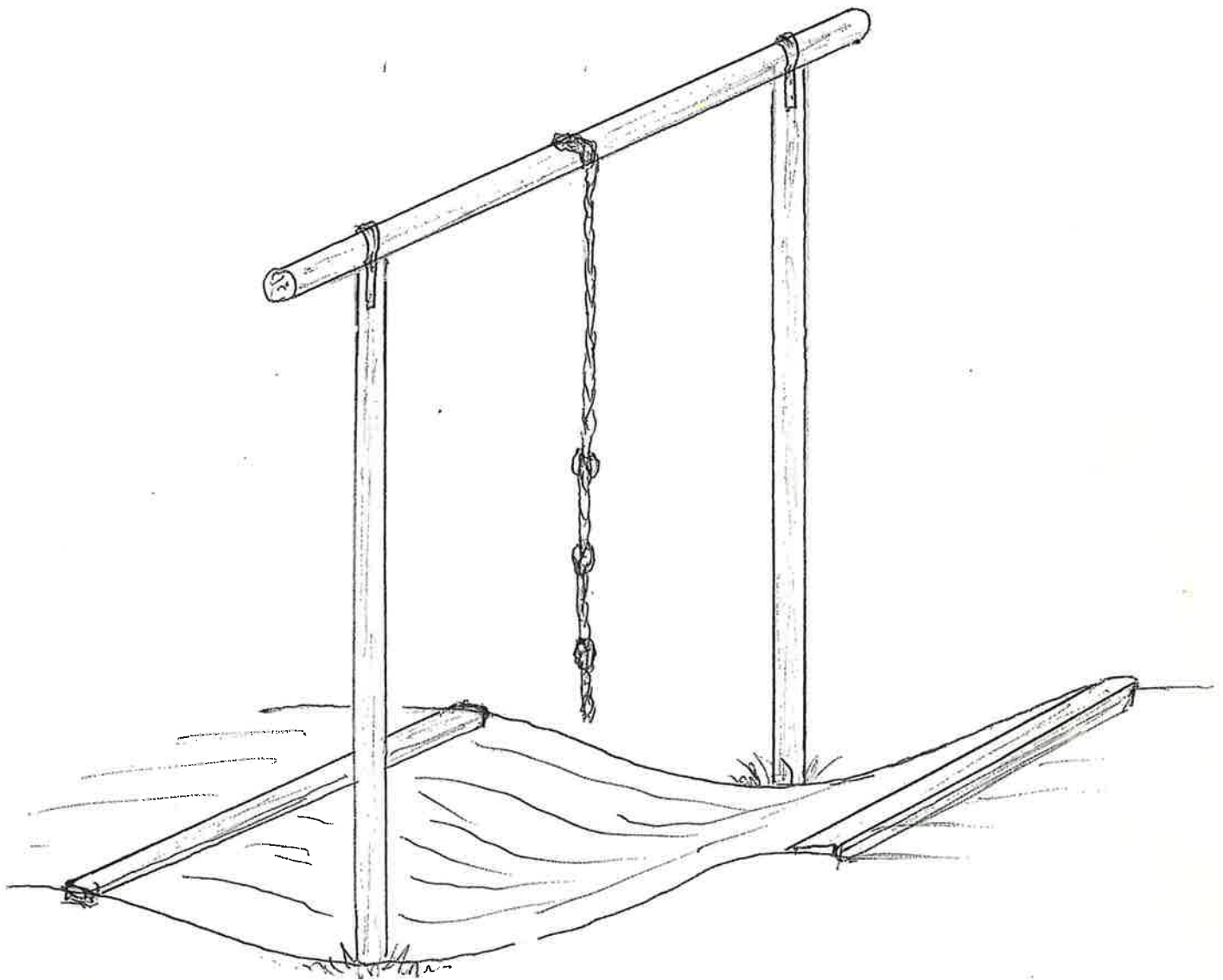
ACID BATH

Aim: To get the whole group over the dip without touching the ground in the middle.

Rules: The group needs to work out how to get hold of the hanging rope without stepping over the logs, or from the side, into the acid bath.

If, at any time, anyone touches the ground in the middle, the whole group starts again.

Loose equipment: A two-metre rope.

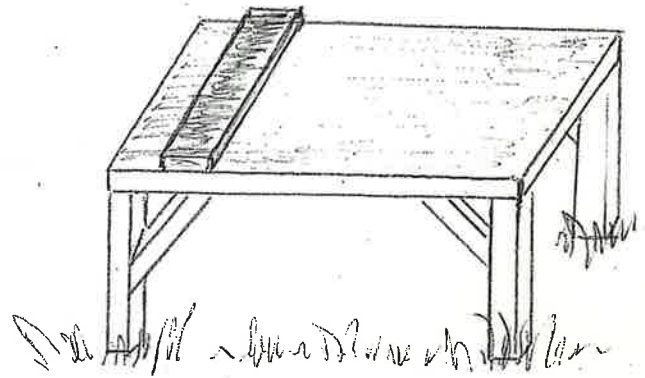
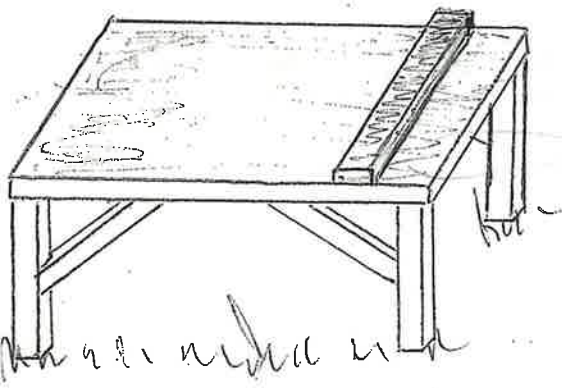


ALLIGATOR PIT

Aim: To get the whole group from one platform to the other.

Rules: If either a child or a plank touches the ground, the whole group has to start again.

Loose equipment: Two planks (1.5m), two ropes (2m)



BROKEN BRIDGE

Aim: To get the whole group over the bridge without touching the ground.

Rules: Once they have started crossing, neither the children nor the planks are allowed to touch the ground.

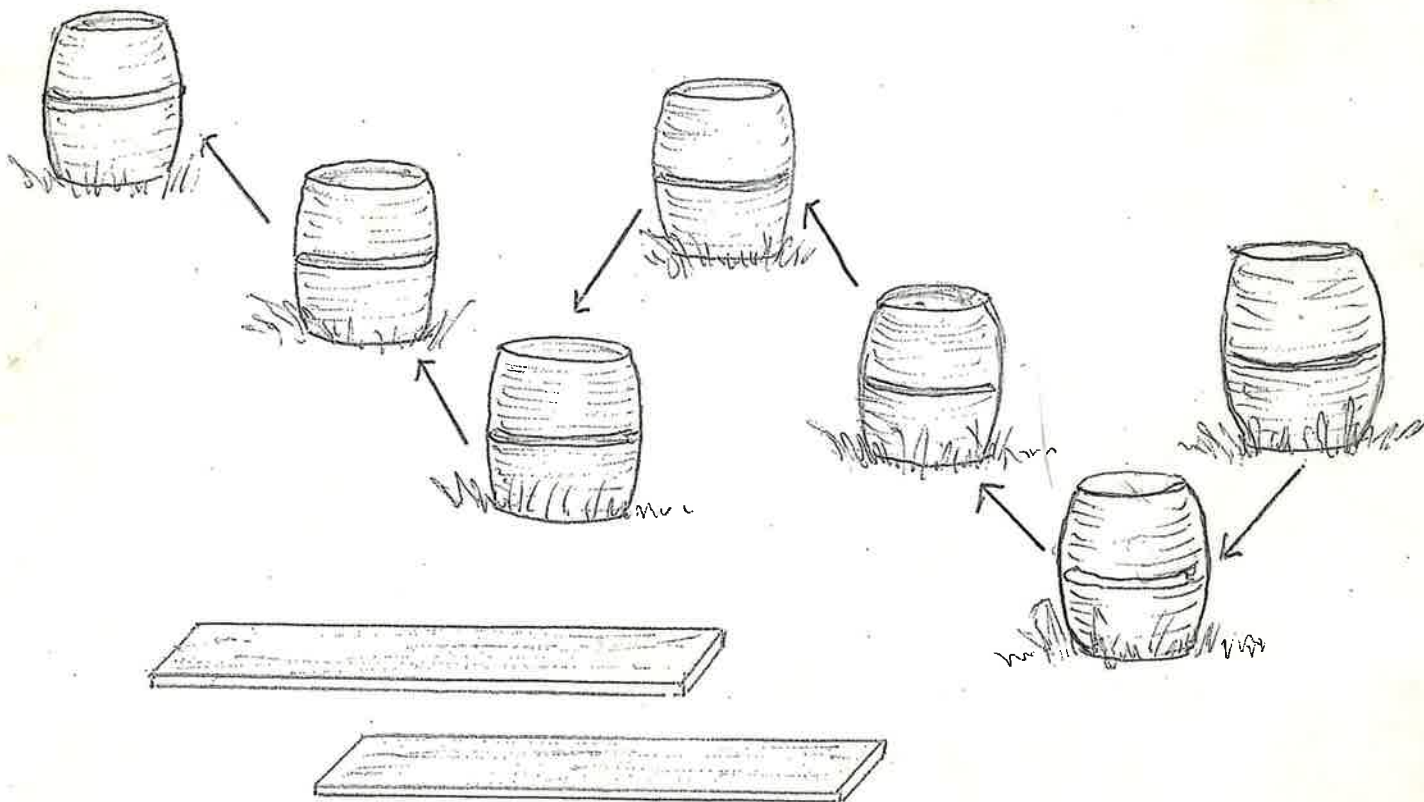
The penalty is for the group to start again.

Loose equipment: Seven drums (54cms wide).

Two long green planks (2.8m x 10cm x 5cm)

Use one long green plank if it is for a two players or a small group.

Use two planks if it is a larger group.

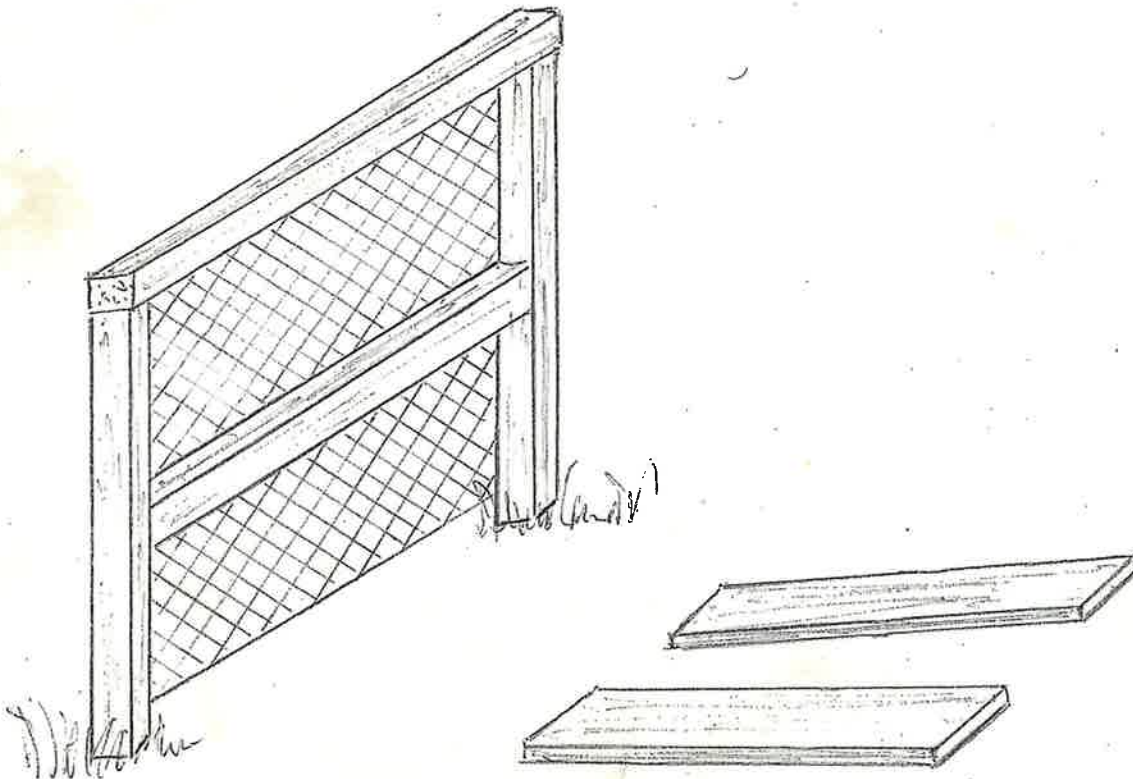


ELECTRIC FENCE

Aim: To get the whole group over the fence from the frame side to the other side.

Rules: No-one can touch any part of the wire or the wooden frame.
The planks may touch the wooden frame but not the wire.
No child, who has crossed the fence, can help the others.
If any child touches any part of the fence, the whole group starts again.

Loose equipment: Two short green planks.

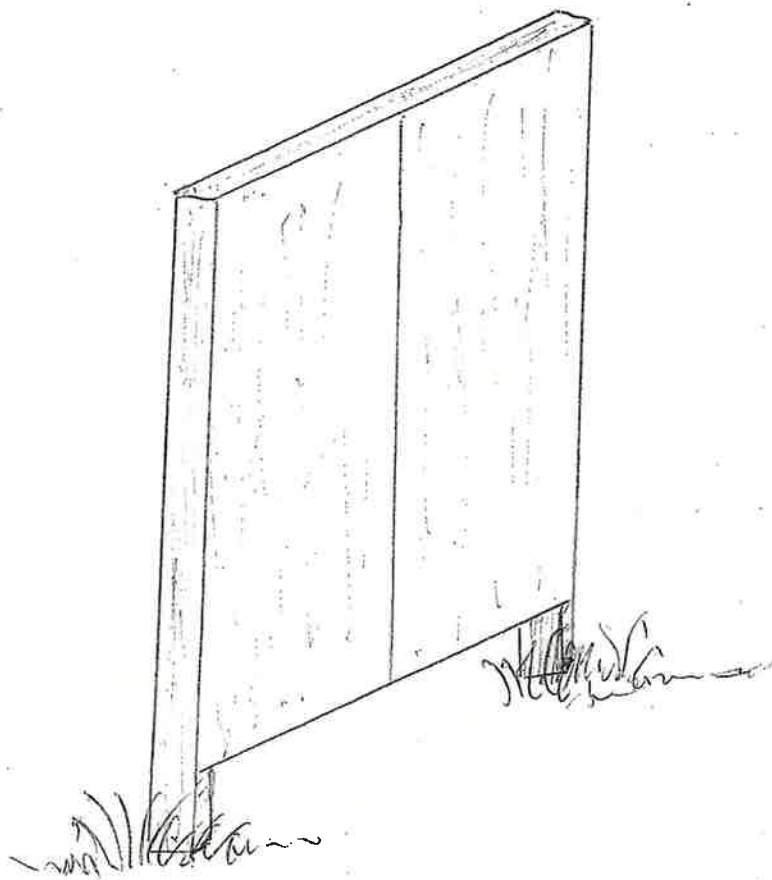


SCRAMBLING WALL

Aim: To get the whole group over the wall from the smooth side to the back.

Rules: No-one is allowed to help another child except from the top of the wall.

Loose equipment: None.

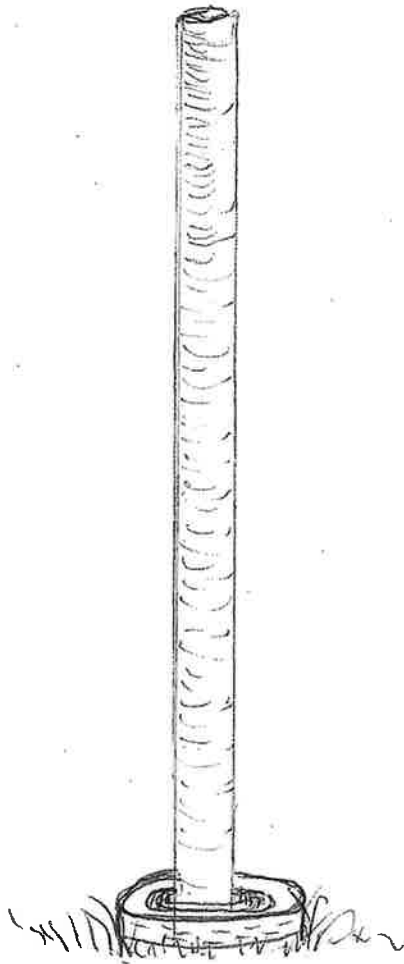


THREAD THE NEEDLE

Aim: For each member of the group to remove and replace the tyre as quickly as possible.

Rules: The tyre must touch the ground each time it is put over the pole and it is taken off.

Loose equipment: One motorbike tyre.



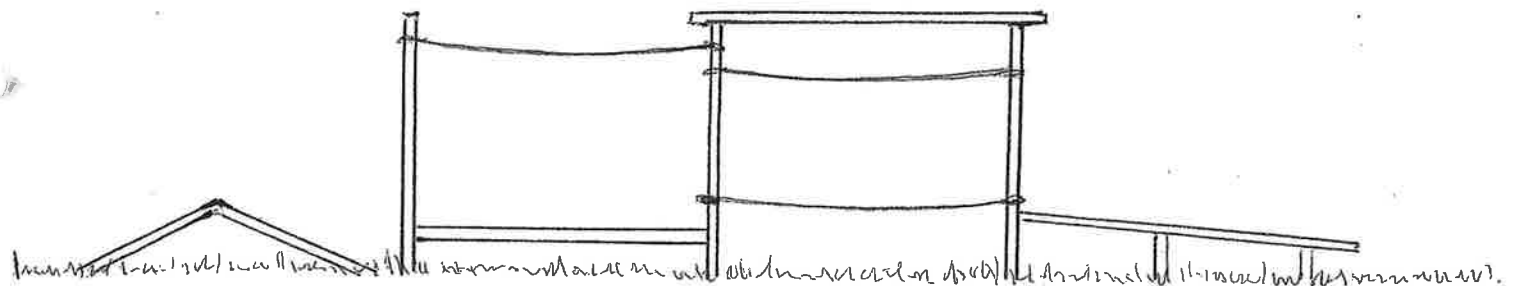
WIRE & PLANK WALK

Aim: To get the whole group from one end to the other without touching the ground.

Rules: The group needs to work out how to help shorter or less confident members. Team members can be helped only by others who are crossing, not by people who haven't started or who have finished.

No-one is allowed to touch the ground while crossing.
The penalty is for the whole group to start again.

Loose equipment: None



PROBLEM SOLVING

GROUP UNTANGLE

Problem: To untangle the group without breaking the chain so that all group members are holding the hand of the person next to them.

Method: Have the group stand in a tight circle and hold their hands into the centre. Each group member then holds one hand in each of theirs. They **musn't** hold a hand of the person next to them or hold two hands with the same person. On command, the group should try to unravel themselves until they are in a single circle. During the activity they musn't let go their hands but may re-grip when necessary.

Note: Start with reasonably small groups (say 5-6). There is always a solution to this activity. You can increase the number in each group after the initial success.

Equipment: Nil.

PROBLEM SOLVING

BLINDFOLD LINE UP

Problem: To get the blindfolded group to line up (shoulder to shoulder, or back to front, or hand in hand) by number from 1 - ? without saying a single word.

Method: Group attaches blindfolds and assumes the 'Bumpers Up' position (hands in front of face with palms facing forward). Ask the group to mingle slowly without talking for 10 - 15 sec. Stop the group and ask them to lower their hands and listen to the pre-problem instructions. Walk among the group randomly assigning each member a number as you tap them on the shoulder. After giving each member a number, ask them to now move into the line in numerical order. Reinforce the **no talking** rule.

Equipment: Blindfolds.

PROBLEM SOLVING

CIRCLE THE CIRCLE

Problem: To transport the hoops round the circle without letting your hands go.

Method: Have the group (initially about 6 - 10) form a hands joined circle. Place two hula hoops together between two people (resting on their joined hands). See how quickly the people in the circle can move the hoops around the circle in opposite directions, through each other, and back to their starting points.

Large groups could have more than two hoops operating at the same time.

Equipment: At least two hoops.

PROBLEM SOLVING

HOOP RELAY

Problem: To move the hoop through the file without letting hands go until everyone returns to their original starting positions.

Method: Have each group (6 - 10 people) form a file facing you with their hands joined front and back. On the starting signal, the front person places a hoop over their head and without touching it with their free hand, moves it on to the next person. When that hoop reaches the third person, another hoop is started until all 4 hoops are moving.

When the last person in the line receives the first hoop, they run to the front of the line, join hands with the now second person and restart their hoop. Continue until all members of the team have returned to their original positions.

Variation: Game can be made more difficult by joining hands between the legs of each participant.

Equipment: 4 hoops
(per group)

PROBLEM SOLVING

MINEFIELD

Problem: To transport the whole group across the defined area without anyone touching the ground.

Method: Select a suitable area free of obstacles.
Define the area with a rope at each end (about 10 m apart).
Give the group about 5 - 6 hardboard (or similar) squares about 30 cm square. These are the only objects able to touch the ground. On command, the group is to invent a method to get the whole team to the other side of the area. If any team member touches the ground on the way across, they (and anyone touching them at the time) must return and start again.
To complete the activity, the team must all get across successfully and have the hardboard squares at the other side.

Equipment: 2 ropes, 5 - 6 Hardboard squares (30 cms. square).

PROBLEM SOLVING

TOXIC WASTE

Problem: To remove the toxic containers from inside the circle without any team members stepping inside the circle or making contact with the containers. (Toxicity is nullified once the containers are outside the contaminated area defined by the circle).

Method: Mark out a 4 m radius circle (spray paint is ideal on grass). Place the four containers in the centre of the circle with a little space between each. Have one container empty (toxic air), one full of water with no lid (toxic liquid), another filled with a light substance such as sawdust (toxic solid), and the other filled with a heavy substance such as sand (toxic heavy metal). The team should try and remove each container without spilling any of the contents, dragging the containers (friction is dangerous), or stepping inside the contaminated area.

Equipment: 4 x 5 litre containers filled as above (lids required for 3)
4 x 4m ropes
1 bicycle tube