

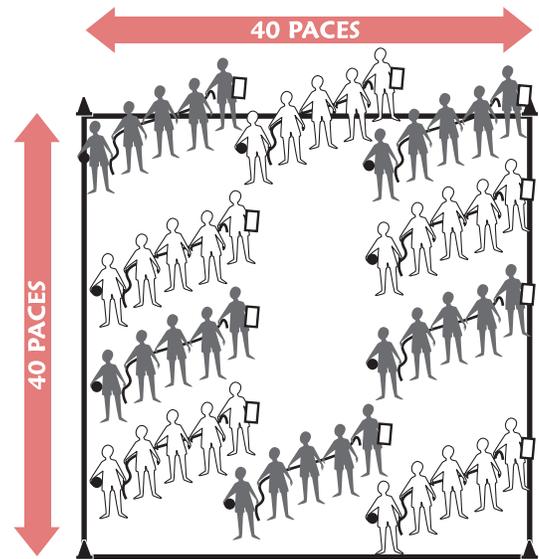


## Ready...

- 10'-12' length of rope per group of 5-6
- 4 cones (for boundaries)
- 1 utility ball per group of 5-6
- 1 *Survivor Challenge Task Card* (SPARK Instructional Media CD) per group of 5-6

## Set...

- Create large (40X40 paces) activity area.
- Form groups of 5-6, scattered in area; each group with a *Survivor Challenge Task Card*, 1 rope and 1 ball.



## GO!

1. The object is to complete the challenges on the *Survivor Challenge Task Card* with your group, using proper form.
2. When completed, do the *Closing Challenge* together until signaled to stop.

## ★ Create Your Own

(Create your own Task Cards that utilize equipment and facilities unique to your school site, incorporate students' suggestions, increase the challenges as students become more fit, and consider the specific needs of your students.)

## ★ Pedometer

(Need 1 pedometer per group.) Set a step goal to reach by the completion of the challenges. See if you can reach your goal.



## FUN FACT

Sir Ernest Shackleton's 1914 voyage to the Antarctic is 1 of history's greatest survival stories. His ship Endurance got trapped in ice, and, 10 months later, the ice crushed it. The crew camped another 5 months on the ice, then trudged 100s of miles to land. Shackleton made an 800-mile ocean crossing in a small boat to the island of South Georgia. He organized a rescue crew and saved all the men he left behind.

## ● STANDARDS ADDRESSED

### NASPE

#1, 2 Various manipulative skills, body awareness

#3, 4 Cardiovascular endurance, muscular strength and endurance

#5, 6 Cooperation, accepting challenges

**Your State** (Write in here)

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## PAULA'S POINTERS

- Use music to motivate your students.
- Group students with varied fitness levels, and prompt them to encourage all in their group. No put downs or negative remarks are acceptable.
- Debrief with students: What motivates you to work harder? What do you like about "group" activities? What don't you like?

## NOTES

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