

An Amazing Race

**INSTRUCTORS
MANUAL
WEEK 8**

INTRODUCTION

OVERVIEW OF ALL WEEKS

Aims:

- At all times the whole group is to be involved even when you are running, still encourage all team members to encourage their team mates.
- To reinforce the teaching point in a fun and interactive way.

Time: 8- minutes per challenge x 3 challenges per day

Team: There will be at least an adult team leader with each team. They should be willing to help in any way to get the challenge done.

Stations:

Pitstop (Black flag) – These are designated teaching times.

Detour (red flag) – A detour is a task that the WHOLE team must complete together for them to move on.

Road block (Yellow flag) -. A Road block is a task in which only one member of the team. The non-participants must wait for the participant to accomplish the goal. The member of the team must complete a task before the team can move on. Throughout the weeks, no one member must compete a second road block until everyone has had a turn, it must be shared amongst the group.

Docking station: This is where the team will pick up their instructions and pick up or drop off their modes of transport. There will be an instructor at each of these stations explaining the next step in the process.

Checkered Flag (checkered flag) – Is the sign of the finish for each day's race.

Important Information:

- This is not a race against the clock, but rather a race to complete each task with teamwork and accuracy.
- Each team will be given a card with instructions on them to begin the race, and then throughout the race they will need an instruction card once they finish at each stop in the race.
- The team will move around from each point the race with different mediums of transportation for each leg of the race.

Each team must complete at all points of the race each day to be able to move on in the race the next day. All teams will start at a different point each day and will makes their way around the course traveling always as a team.

INSTRUCTOR NEEDS

Pen, Whistle, Water, flags, Instructions, Hole Puncher

RUNNING THE ACTIVITY

Each team doing the activity will have a maximum of 8-10 minutes. Make sure that both teams have arrived, you give out instructions. When they have

finished send them off to the other activity. The two teams will compete against each other in order not to be yielded.

Yield – The first team can move on and the 2nd team will be yielded in the game for a set amount of time. Simply allow the other team to get a head start.

You will need to repeat this activity a number of times throughout the time depending on how many teams you have.

REMEMBER: It is more about completing the task and working as a team, than winning or losing.

TIMING

You will need to be at your station at least 15 minutes before the race begins so that you are ready for when the first team arrives.

Timing is crucial to the smooth flow of the day's activities. Teams only have a very short time (8 minutes) to complete the activity and this includes a quick explanation from you at the start. As soon as the task is completed the whistle must be blown and the team must IMMEDIATELY leave for the next activity.

HOLE PUNCHING

You must hole punch each teams card as they must have a completed card for the whole team to get their rewards each day. They will be responsible to carry that throughout the whole race.

INCIDENT MANAGEMENT

This procedure is to be followed in the event of an incident during an activity session.

- ◆ Ensure safety of self and group members.
- ◆ One instructor or leader must stay with the group at all times.
- ◆ Perform first aid or assist as required.

Race 8

STATION

Road Block

ACTIVITY YOU ARE RUNNING

Simulation

LOCATION

Simulation

Objective

The aim is for one child to be able to recreate the family tree to the best of their ability.

Instructions

Opening Statement: A Road block is a task in which only one member of the team. The non-participants must wait for the participant to accomplish the goal. The member of the team must complete a task before the team can move on. Through out the week, no one member must compete a second road block, it must be shared amongst the group.

Instructions of game: A simulation game is where you try and simulate a situation where the people involved have been put into a situation where they have a task set for them and they have to make certain decisions to get the task done. Children at this age are very tempted by stealing, and it is a very real and hard issue for them. Putting them in a situation where they really have to think about it may help them to think more seriously about it in real life.

Task: Build a square room big enough for your leaders to fit into. This can be built with boxes, petitions, curtains, sheets, etc.... whatever you've got. The kids need to be able to go right around the outside of the walls but not be able to see in. Their task is to save a prisoner within the walls. Inside the walls are giants that will capture them and they will lose unless they're willing to following certain instructions. If they follow these instructions, they will easily be able to accomplish the task and be rewarded afterwards for their fine efforts. If they don't follow the instructions then they'll have to suffer the consequences. To get the prisoner safely they must all sing a favorite worship song to God and circle the walls 7 times singing the song. On the 7th time around they will safely be able to break the walls down and take the prisoner only. If they take anyone else or anything else, they will not achieve their task.

Scene: Inside the four walls you should have your leaders with wrap around dark sunglasses and a prisoner (*This should be a leader - you can tell the kids who the "prisoner" is so they know who to get*). Add lollies all around the prisoner on and the floor so the children have to tread on them as they get the prisoner. If the children sing their song and circle the walls seven times then every leader must pretend they are asleep so the children can get the prisoner out easily, but with dark glasses on you should be able to keep your eyes open to see if the children only take the prisoner and not any lollies. As soon as one children takes a lolly all the leaders must grab the children and

the chase will be on to capture them all and not allow any lollies to anyone. The prisoner can play the part by yelling "Help" and also watching to see if any of the children take a lolly they awaken the giants. If the children go in and only take the prisoner then they will get free reign to get the lollies later. If they steal them beforehand then they don't get them at all.

Setup Requirements

WHAT	AMOUNT	WHO
4 walls / leader and lollies all around them	4 / 1 leader	
Some guards to chase the kids	2	

SAFTEY

No issue of safety.

Completion

Once 8 minutes is up they can move on to where they can pick up their next modes of transport and next clue.

NB. If this is there last challenge – give them the final clue that leads them to the checkered flag. They must race to the finish.



Race 8

STATION

Pit stop

ACTIVITY YOU ARE RUNNING

Small Group Discussion

LOCATION

Small Group Discussion

Objective

Aim: Is to spend some time talking about all they have learned and seen and experienced today about stealing.

Instructions

Teaching method: Group Discussion – debrief of simulation game

1. Have kids sit in groups of 5-6 with a leader.
2. Discuss what happened in the game.
3. Alternate the discussion/debrief between small group and whole group discussion. I.e. bring it back to the whole group every couple of minutes to keep the small groups on track.

Some questions you might like to ask if they have just come from the simulation game:

Who took the lollies ?

What was going through your heads when you took them?

Who didn't take them and why?

How hard was it to walk past the lollies and not take them?

What were the consequences for not obeying the rules to the game?

The reason we have rules and laws is to keep everyone in line and so there is not chaos when people do their own thing. Stealing is always going to hurt people and leave people out and rip people off.

Setup Requirements

WHAT	AMOUNT	WHO
N/a		

SAFTEY

No issue of safety just messy

Completion

Once 8 minutes is up they can move on to where they can pick up their next modes of transport and next clue.

NB. If this is there last challenge – give them the final clue that leads them to the checkered flag. They must race to the finish.



Race 8

STATION

Detour

ACTIVITY YOU ARE RUNNING

Rob the Nest

LOCATION

ROB THE NEST

Objective

Aim: Is to be able to collect the most amount of eggs in the give time, by stealing eggs from others nests.

Instructions

Opening Statement: A detour is a task that the WHOLE team must complete together for you all to move on.

Instructions: Break each team into 2 groups. All eggs will be in the centre of the playing field. Once you say go, the teams have to collect as many eggs as possible by running into the centre and grabbing only one at a time and taking it back to their nest. Once all the eggs are gone from the centre. The children can steal eggs from other nests. Teams cannot stay and guard your own eggs or stop someone from taking them. Teams simply need to stay focused on stealing from other nests, until the whistle is sounded to stop. The team with the most eggs wins.

Setup Requirements

WHAT	AMOUNT	WHO
Nests	4	
Eggs (ping pong balls, beanbags etc)	40	

Safety

Simply the fear of running into someone else during the game.

Completion

Once 8 minutes is up they can move on to where they can pick up their next modes of transport and next clue.

NB. If this is there last challenge – give them the final clue that leads them to the checkered flag. They must race to the finish.

Race 8

Find the Checkered flag

The final part of the race is to find the checkered flag as a team. After the final challenge the clue will direct you to a spot where there will be someone standing on a checkered flag. They will be waiting for you all to land on the flag together.

The main aim of the race is teamwork and doing all the tasks, but it is fun to race to the end each day and land on the flag.

It is important to have the flag at a different spot each week, so there is still a challenge each week to race to the end. It is important to promote teamwork and supporting each other because when it simply becomes a physical challenge, some children can be left out.

You might choose to have a running tally for each week. If so, I would highly encourage bonus points for team work spotted throughout the event or prizes for great teamwork at the end of each day, as it is better to encourage team work over speed.

The Race folder will have a tally board that you can use and change each week of you want to use it. It also has reward cards you might like to use to give out the teams and individuals throughout the race.

Debrief: In small Groups

The final task for the day is vital to do, please make the time for this to happen even if it means making the challenges a bit shorter. Go to a place where you have space and where it is a little quieter and work in your small groups through the log books. This is a time where the small group leader can talk through anything that may have come up during the race. The Log books are simply a guide to get the children thinking and processing what they have experienced. Have the Small Group leader keep all the books from week to week to ensure that they are always there and they can be given out at the end of the term.

The master for the log books will be in the race folder. If you make the effort to print them professionally, the children will appreciate them more and may be more inclined to use them and keep them. It is your call which way you want to go with the log books. We have provided it in a variety of formats for this reason.