

The Amazing Race

This is a wonderful opportunity for students to develop communication and leadership skills. Students will deepen relationships amongst peers and build community through collaborative play-based activities.



Livingstone
Range
SCHOOL DIVISION



PEAKS
CAMPUS

The Amazing Race

This is an amazing opportunity for students to develop team building, communication, and self-regulatory skills. Students will work in teams and face the pressures of accomplishing as many challenges as they can in a given amount of time (~1.5 hours). The intention of this programming is to build community within classrooms and deepen relationships amongst peers through a fun and play-based approach. Here at PEAKS, we believe that teaching our students to learn and develop new skills based on where they live is half the outcome. The other half is giving students the opportunities to discover their various roles and have them feel valued in their community.

- **Grades:** K-12
- **Duration:** 2-hours
- **Dates:** Available during all seasons.
- **Where:** PEAKS Campus, or another location per discussion.
- Materials will be provided.
- **Contact:** *If you are interested or have any questions about this program, please contact [PEAKS CAMPUS](#)*

This event is done in teams of roughly 5-7. The team who completes the most stations at the end of 1.5 hours will win the Amazing Race.

Stations can be created based on anything PEAKS offers and what students have learned beforehand. Stations are subject to change dependent on the group, weather, and learning outcomes.

Learning Outcomes

PEAKS Campus utilizes the following Alberta Education competencies as guiding principles to student education:

CRITICAL THINKING

COMMUNICATION

PROBLEM SOLVING

COLLABORATION

MANAGING INFORMATION

CULTURAL AND GLOBAL CITIZENSHIP

CREATIVITY AND INNOVATION

PERSONAL GROWTH AND WELL-BEING

Competencies are combinations of attitudes, skills, and knowledge that students develop and apply for successful learning, living, and working. Our team building activities challenge students outside of their comfort zone by putting them in unfamiliar situations that help students draw and progress what they know, how they think and what they can do.

For more specific outcomes, contact [PEAKS CAMPUS](#) or click the following links below:

- [Division 2 Learning Outcomes](#)
- [Division 3 Learning Outcomes](#)
- [Division 4 Learning Outcomes](#)

What to Expect

Examples of stations students must complete in their teams are as followed:

1. The human knot.

- a. Minimum 4 students, otherwise split students into teams of 10.
- b. Have them cluster together and hold hands with someone different on each side.
- c. NOTE: They cannot hold hands with the person right next to them.
- d. Have two students release hands from each other, then begin unknotting, until everyone is in a line with no tangles.

The Amazing Race Team Building Program

2. Make 3 baskets at the basketball hoop.



3. Get 4 successful rallies at Spikeball (non-consecutive).

- a. 1 successful rally = A successful serve, 3 total passes between each other, the third and final pass must bounce off the net and land on the ground.

4. Get a bullseye at archery.

- a. PEAKS facilitators will supervise and safely demonstrate how to use a bow and arrow. The objective of this activity is to use patience and discipline to hit the bullseye on the target.

5. Wetland field study: Students must find an invertebrate organism in Girardi Creek. Once collected, they will identify the invertebrate and its characteristics at the field study lab.

6. Make 3 putts at the disc golf station.

7. Plank skis obstacle course.

- a. On the plank skis, students must work together, communicate effectively and collaboratively to maneuver themselves around pylons in a race against other teams.



8. The ring game, carry a ball on a string.

- a. **Objective:** use teamwork and communication and walk the tennis ball roughly 40ft around obstacles. They will then have to place the tennis ball on top of the tennis ball container lid to complete the challenge.
- b. 6 strings are attached to a Ring. One person gets one string. Each group member pulls tension until the ring is suspended in the air. A tennis ball is placed on the ring. If the tennis ball falls off the team must restart.



9. Build a fire, cook a marshmallow and eat it.

- a. Students must scavenge the forest for dead twigs and branches for their tinder.
- b. They will receive 6 cotton balls, and a flint + steel to start their fire.
- c. Once they have roasted a perfectly golden brown marshmallow on their constructed fire, they can move to the next station.

10. The Ground is LAVA!

- a. Using 5 four-foot 2x4's, and 6 half-foot blocks, students will figure out how to build a bridge over the lava field to get to safety.



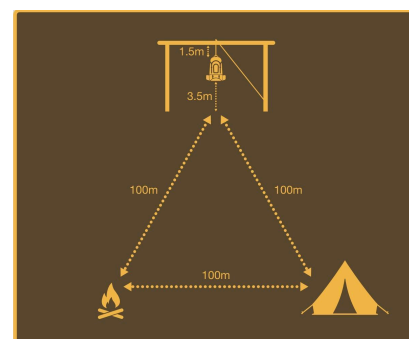


11. Rope challenge

a. Everyone on the team must successfully get over the rope without touching it. It's up to. Students to be creative and develop. Their own strategies for getting over the rope.

12. Make a bear hang.

- Students will understand, build, and use bear hangs around the PEAKS site. A bear hang should meet the following criteria:
- A sealed bag (bearbag, tarped bag or dry bag)
- At least 3.5 metres off the ground.
- ~1.5 metres between the bag and the top branch.
- 100m away from tent.
- 100m away from the fire or cooking area.



13. Treat an injured patient.

14. Build a shelter for your patient.

15. Marshmallow-spaghetti tower:

- Objective: build the tallest freestanding structure.
- Students will have 15 minutes to build the largest structure they can using 2 marshmallows, 20 sticks of spaghetti, and 1 foot of tape. At the end of 15 minutes, whether the structure is standing or starting to fall, (without holding it), students measure their tower at the tallest point.

