



MULTIAGE

SURVIVOR ISLAND

Try to survive after a plane crash on a desert island by completing fun challenges as a team.



MATERIAL

- Posters for stations (*see following pages*)
- Bibs or sashes to identify team members
- Balls (*for the coconuts*)
- 2 tennis or badminton rackets
- Various sports equipment such as sticks, balls, bean bags, etc. (*for the SOS station*)
- Benches, cones, baskets or empty milk crates, etc. (*for the obstacles of the coconut picking station*)
- 1 target or tape to make one on the wall
- 2 ropes approximately 20 feet (6 metres) long

STEPS

1 Set up the survival stations

- There are 4 different survival stations, and every team will complete the challenges of each station (see the description of the stations below).
- You can use the posters on the following pages to identify the stations.

2 Prepare

- Divide the group into a maximum of 4 teams.
- Explain to the campers that their plane has just crashed on a desert island and that they must try to survive as a team.

3 Play the game

- Each team is placed at a different station and has 5 minutes to complete the challenge of the survival station. The teams then move on to the next station and so on until each team has visited the 4 stations.
- There are no points to score: it's all about having fun!

4 Encourage the campers to share their thoughts

Ask some questions about the activity at the end:

- Was it difficult?
- Which station was the most difficult?
- How did you work as a team?

This activity was created by Cardio Plein Air, in collaboration with the Health Challenge.



SOS



Using the sports equipment, kids spell out
SOS so the rescue plane can see them.

PICKING COCONUTS



Level 1

Using a tennis or badminton racket, taking turns, kids carry a coconut (ball) from line A to line B (about a 20-metre distance) walking backwards. They have to move as many coconuts as possible in 5 minutes

Level 2

Using a tennis or badminton racket, taking turns, kids carry a coconut (ball) from line A to line B (about a 20-metre distance) by crossing obstacles in the forest (created using benches, cones, baskets or milk crates, etc.). They have to move as many coconuts as possible in 5 minutes

WAKING UP THE ANIMALS



Level 1

Kids have to wake up the animals by throwing coconuts (balls) through the doorway of the animals' house (target on the wall made using tape).

Level 2

Kids have to wake up the animals by throwing coconuts (balls) through the doorway of the animals' house (target on the wall made using tape). To make it more challenging, the target can be smaller or the distance can be increased between the target and the campers.

The teams have to count the number of animals they wake up (target hit).
They can throw each coconut more than once.

CROSSING THE SUSPENSION BRIDGE



A rope is tied between two posts or two trees, or two kids take turns holding it at a height of about 4 feet (1 metre). Another rope is placed on the floor, just beneath the top one.

Taking turns, the kids cross the suspension bridge by walking on the bottom rope and holding on to the top rope. They have to carry one coconut at a time to the other side of the bridge.