

SEEK AND FIND



FUNDAMENTALS TO GET MOVING!

A “SEEK AND FIND” LIKE NO OTHER! DEVELOP YOUR CAMPERS’ BASIC MOTOR SKILLS, SELF-CONFIDENCE, AND MOTIVATION BY USING YOUR SURROUNDINGS.

- 1 Individually, in teams or in a large group, challenge your campers to find the objects on the “seek and find” sheet.
 - 2 When they find an object, the campers must perform the basic motor skill associated with it. **Note** that it is important to respect the limits of each camper! Let them decide which level they want to reach. For example, not all campers will want to roll over backwards.
 - 3 While your campers are searching for the objects, ask them to move in a certain way.
- * If certain objects are not available where you are, use your creativity to find a replacement!

As a counselor, think along the lines of “Well balanced safety.”



- Respect each camper’s limits.
- Adapt to each camper’s needs. They don’t all learn at the same pace.
- Make sure everything is safe and fun!
- It’s by overcoming challenges suited to their abilities that your campers will develop their self-confidence.

And now, play on!



OUTDOORS:



Catch the bottle your friend throws towards you and throw it back in three different ways.



Kick the pine cone.



Run from one tree to the other as fast as possible.



Dribble with your hands while walking.



Bounce the ball with your feet.



Place the leaf on your head and balance on one foot for as long as possible without letting the leaf fall to the ground.



Take 10 steps along the curb while maintaining your balance.



Using the stick, strike an object on the ground.



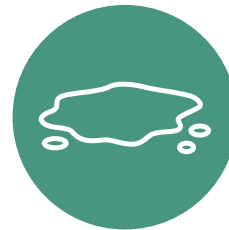
Stand on a line and throw the pebble as far as you can.



Roll forwards and then backwards in the grass.



Crawl underneath the bench to continue.



Jump across the puddle.

* Bonus: A waste item =
Go to the closest garbage can while practising a skill of your choice.

MOVEMENTS:

While searching, get around by :



SKIPPING



SIDE SKIPPING



GALLOPING



RUNNING IN ZIGZAGS

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INDOORS:



Catch the bottle your friend throws towards you and throw it back in three different ways.



Kick the paper ball.



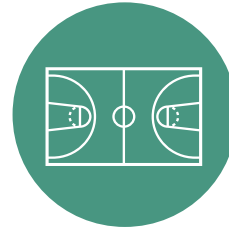
Run to the door as fast as possible.



Dribble the ball using your hands.



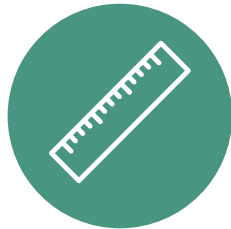
Dribble the ball using your feet.



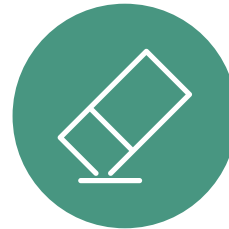
Find a line on the floor and balance on one leg for as long as possible.



Walk along the bench while maintaining your balance.



Hit a paper ball with the ruler.



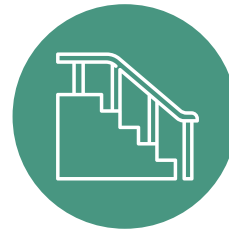
Throw the eraser to hit a target on the wall.



Crawl under the table.



Climb over it to continue.



Jump onto the first step.



Bonus: A waste item =
Go to the closest garbage can while practising a skill of your choice.

MOVEMENTS:

While searching, get around by :



SKIPPING



SIDE SKIPPING



GALLOPING



**RUNNING
BACKWARDS**

SEEK AND FIND



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- 1 Create your own “seek and find” with your campers. Fill in the template on p.02 with objects to find and skills to practise. Choose four different ways to move around while looking for the objects.
- 2 Individually, in teams or in a large group, challenge your campers to find the objects on the “seek and find” sheet.
- 3 When they find an object, the campers must perform the basic motor skill associated with it. **Note** that it is important to respect the limits of each camper! Let them decide which level they want to reach. For example, not all campers will want to roll over backwards.
- 4 While your campers are searching for the objects, ask them to move in a certain way.

* Need more ideas? Check out our **Basic Motor Skills** document in the **FUNDamentals to get moving tool!**

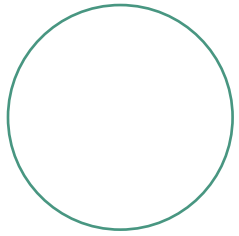
As a counselor, think along the lines of “Well balanced safety.”

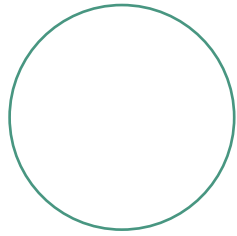
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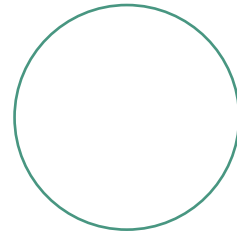
And now, play on!

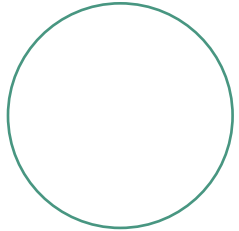


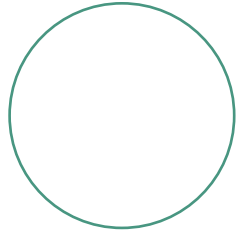
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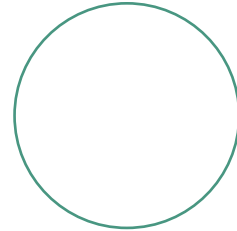


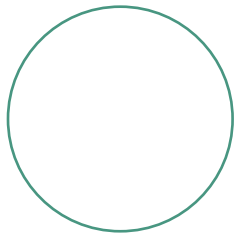


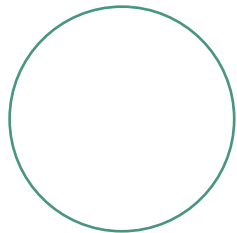


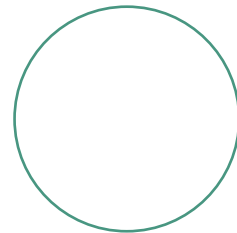


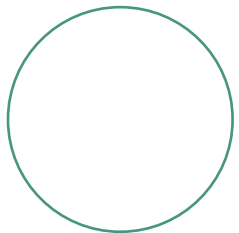


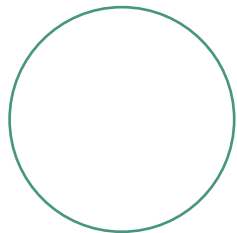


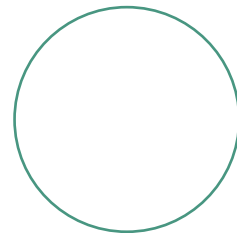












MOVEMENTS:

While searching, get around by :

* Bonus: _____

