

Navigation

Activity: Make your own map

Learning Objective: Understanding how to transfer what you see to a map, understanding what a scale is

Instructions:

- Create a basic map of one floor of your home
 - Easy: map what you see
 - Hard: make sure the map is to scale.
 - Measure the size of the floor of your house that you will be mapping
 - Measure the size of your paper
 - Pick a scale (what distance on your map will represent what distance in real-life).
 - On the map below, 10 feet in the house translated to one inch on paper. You can also use the metric system (1 cm on paper represents 1m).
 - Map what you see, ensuring that everything is drawn to scale
- Feel free to post pictures of your map on the SOGO Adventure Running Facebook page!

Equipment:

- Paper
- Pens, pencils, pencil crayons
- Ruler



Thank you for the image: <https://zionstar.net/2-marla-house-design/>

Strength and Agility

Activity: Obstacle Course

Learning Objective: Helping kids learn how to maneuver obstacles in a fun way

Instructions:

- Create an obstacle course either in a room in your house or in your backyard using things around your house. Some of these things can include
 - balance beam
 - string for a laser maze
 - couch cushions to hop between
 - tape to draw things like hurdles, balance beams, squares to jump into
 - balls and basket for kids to try and aim for
 - table to crawl under
 - hula hoop to jump into
 - two chairs with a stick on it to make a limbo
 - plastic cups or cans to use as pylons
- Easy: complete the obstacle course
- Medium: time yourself and compete either against your best time or a family member
- Hard: complete the obstacle course on one leg
- Feel free to post pictures of your obstacle course on the SOGO Adventure Running Facebook page!

Equipment:

- Written above